

Avoid Harmful Substances During Pregnancy: ASL Translation – Audio Description Transcript

Vyron Kinson, PDIC (in American Sign Language): Best for you. Best for baby. Tip: Boost your health by avoiding substances that are harmful during your pregnancy.

Learn more about preventing birth defects at: [cdc.gov/ncbddd/birthdefects/index.html](https://www.cdc.gov/ncbddd/birthdefects/index.html)