

# **Folic Acid Live Announcer Scripts (Spanish & English) To Accompany “Before You Know It” PSA**

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## **:05 Tag** (to follow the Radio PSA)

En Español:

Para más información sobre cómo prevenir los defectos congénitos con ácido fólico, llame a la Línea Nacional Prenatal Hispana al 1-800-504-7081 o escriba a los Centros para el Control y la Prevención de Enfermedades a [flo@cdc.gov](mailto:flo@cdc.gov)

English:

To learn more about preventing birth defects with folic acid, call the Centers for Disease Control and Prevention at 1-800-CDC-INFO or visit [www.cdc.gov/folicacid](http://www.cdc.gov/folicacid).

## **:15 Read**

En Español:

Antes de saber que está embarazada usted debe tomar ácido fólico. Todos los días. Después es demasiado tarde para prevenir graves defectos congénitos. Para más información sobre ácido fólico, llame a la Línea Nacional Prenatal Hispana al 1-800-504-7081 o escriba a los Centros para el Control y la Prevención de Enfermedades a [flo@cdc.gov](mailto:flo@cdc.gov)

English:

Before you know you're pregnant, that's when you need to take folic acid. Every day. After that, it's too late to prevent some serious birth defects. For more information about folic acid, call the Centers for Disease Control and Prevention at 1-800-CDC-INFO or visit [www.cdc.gov/folicacid](http://www.cdc.gov/folicacid).

## **:30 Extended Read**

En Español:

Cuando usted se entera que está embarazada, su bebé lleva ya semanas creciendo y es muy tarde para prevenir enfermedades congénitas. Por eso es importante tomar ácido fólico todos los días a partir de hoy. Puede recibir 400 microgramos diarios si toma una multivitamina y consume alimentos con suplementos vitamínicos. Llame a la Línea Nacional Prenatal Hispana al 1-800-504-7081 o escriba a los Centros para el Control y la Prevención de Enfermedades a [flo@cdc.gov](mailto:flo@cdc.gov)

English:

When you first find out you're pregnant, your baby's been growing for weeks, and it's too late to prevent some serious birth defects. That's why it's so important to take folic acid every day, starting today. You can get 400 micrograms a day by taking a multivitamin and eating enriched food such as cereals or breads. To learn more about folic acid and preventing birth defects call the Centers for Disease Control and Prevention at 1-800-CDC-INFO or visit [www.cdc.gov/folicacid](http://www.cdc.gov/folicacid).

# **Folic Acid Live Announcer Scripts (Available in English only) To Accompany “Ready . . . Not” PSA**

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## **:05 Tag**

To learn more about preventing birth defects with folic acid, call the Centers for Disease Control and Prevention at 1-800-CDC-INFO or visit [www.cdc.gov/folicacid](http://www.cdc.gov/folicacid).

## **:15 Read**

Even if you’re not planning a pregnancy, it’s important to take folic acid today—and every day. That way, when you decide you’re ready to have a baby, your body will be ready, too. For more information call the Centers for Disease Control and Prevention at 1-800-CDC-INFO or visit [www.cdc.gov/folicacid](http://www.cdc.gov/folicacid).

## **:30 Extended Read**

Even if you’re not thinking about pregnancy, it’s not too soon to start taking folic acid today. By the time you find out you’re pregnant, it may be too late to prevent some serious birth defects. Take folic acid every day, starting today, so your body’s ready when you are. You can get 400 micrograms a day by taking a multivitamin and looking for enriched foods such as cereals or breads. To learn more about folic acid and preventing birth defect call the Centers for Disease Control and Prevention at 1-800-CDC-INFO or visit [www.cdc.gov/folicacid](http://www.cdc.gov/folicacid).