

# PREGNANT AND SMOKING?

(It's okay to ask for help.)

Keep your baby healthy by not smoking. Use ceremonial tobacco in a safe way. If you do smoke, ask your doctor for help with quitting. Be good to yourself and your family.

For more information visit [www.quitline.com](http://www.quitline.com) or call the Tobacco Quit Line at 1-800-QUIT-NOW (784-8669) for free help.

