



# Quit for You Quit for Two

1-800-QUIT-NOW · QUITLINE.COM

## It's never too late to quit smoking when you're pregnant.

Quitting smoking is one of the most important choices you can make.

### Benefits for you

- Saves you money that you can spend on other things.
- Helps you feel good about what you're doing for yourself and your baby.
- Lowers your risk of lung cancer and heart disease.

### Benefits for your baby

- Lowers chance of Sudden Infant Death Syndrome (SIDS).
- Increases the chances your baby will come home from the hospital with you.
- Helps your baby have fewer colds and ear infections.

For free help, call the **Tobacco Quit Line** at **1-800-QUIT-NOW (784-8669)**, or in Spanish **1-877-2NO-FUME (266-3863)**.

# Smoking when you're pregnant and even after your baby is born is harmful to both of you.

Here's what you can do to kick the habit for good:

- Call the toll-free Quit Line at **1-800-QUIT-NOW** (784-8669), or in Spanish, **1-877-2NO-FUME** (266-3863)
- Talk with a quit coach who will help you create your own plan to quit smoking.

A quit coach will answer your questions and send you easy-to-follow materials that help you take control of the quitting process.

You might be qualified to get free **Nicotine Replacement Therapy** (gum or patches) with permission from your doctor.

**Quit services are free for pregnant women. Health insurance is not required.**

