



# TOBACCO - FREE PREGNANCY

Two ways to quit for  
one precious reason

**PROJECT  
FILTER**  
IDAHO FIGHTS TOBACCO

## 1. In-person support

**Get free diapers and wipes when you quit with the help of your local Public Health District!**

Call the Idaho CareLine at 2-1-1 or 1-800-926-2588 for free, in-person support from your local Public Health District to quit smoking, chewing, or vaping and find out how to get free diapers and wipes when you stay quit.

## 2. Over-the-phone support

**Earn up to \$65 when you quit with the Idaho QuitLine's Pregnancy Program!**

Call 1-800-QUIT-NOW anytime for free unlimited coaching calls with a quit coach during your pregnancy and after. Free nicotine gum, patches, or lozenges can be mailed to you with a signed doctor's form.



***Quitting at any time during pregnancy is one of the best things to do for you and your baby.***



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