



TOBACCO-FREE PREGNANCY

Two ways to quit for one precious reason

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 for 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.

