

## **Quitting at any time during your pregnancy is one of the best things you can do for you and your baby!**

**Is smoking less cigarettes or switching to e-cigarettes OK during my pregnancy?**

The nicotine in cigarettes and e-cigarettes is harmful for you and your baby.

**I smoked during my last pregnancy and had a healthy baby. Won't this baby be healthy, too?**

Smoking during pregnancy puts a baby at risk, even if your last baby was healthy. The good news is quitting during pregnancy can prevent:

- Sudden Infant Death Syndrome (SIDS)
- Premature birth
- Miscarriage
- Birth defects
- Low birth weight

**Is cold turkey the only way to quit smoking?**

No! Idaho offers many FREE resources to help you quit.

## **Two Ways to Quit for *One* Precious Reason**

**Be rewarded when you quit with your local public health district!**

Visit your local public health district for free support to quit with a health educator.

If you test clean of cigarettes, you or your partner may be eligible for a FREE box of diapers and wipes.

For more information, call the Idaho CareLine at 2-1-1 and ask to be connected to the health district in your area!

**Use the Idaho's QuitLine's Pregnancy Program to help you stay smoke-free!**

Call 1-800-QUIT-NOW for free calls with a trained quit coach during pregnancy and post-partum and get up to \$65 in cash cards.

Call 24/7 for help whenever you need it!

Free patches, gum, or lozenges can be given to participants, with a signed doctor's form.

# Smoke-Free Pregnancy

Free support to help you quit for  
you and your family



IDAHO DEPARTMENT OF HEALTH & WELFARE  
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