

A pregnant woman is shown from the chest down to the waist, wearing a bright pink t-shirt. Her hands are gently resting on her pregnant belly, with her fingers pointing towards the center. The background is solid black, which makes the pink shirt and the white text stand out prominently.

**Quit now...  
for both of you.**

**1-800-QUIT-NOW**

**There's never been a better time to commit to quit. Call now. It's free. It's personalized. It works.**

## Did you know?

- Smoking during pregnancy causes health problems for both mothers and babies, such as pregnancy complications, premature birth, low birth weight infants, stillbirth, and infant death.<sup>1</sup>
- Using smokeless tobacco products during pregnancy may increase the risk of health problems such as premature birth and low birth weight infants.<sup>2</sup>
- Infants exposed to secondhand smoke are at increased risk of sudden infant death syndrome.<sup>3</sup>

1. HHS, 2004 | 2. WHO, 2007 | 3. HHS, 2006

Find out more at <http://women.smokefree.gov>

For help quitting call:

**1-800-QUIT-NOW**

or text QUIT to IQUIT (47848)

