



Smoking During Pregnancy



RESOURCES AND SUPPORT



Free & confidential coaching to help you become smoke-free.
Call 1-800-QUIT-NOW (English) or 1-855-DÉJELO-YA (Español)
Or text "QUITNOW" to 333888 for support via text.

Text "CDC" to 47848 for daily texts with encouragement, advice, & tips.

GETTING STARTED



Know that **the first week after quitting is the hardest time**. You may feel irritable, anxious, & hungry. You may have trouble sleeping, feel dizzy or drowsy & have headaches. These symptoms can begin within a few hours, **peak in 2-3 days**, and last up to a month. These tips can help.

- **Decide that you want to quit.** imagine your life free of cigarettes.
- Talk to your **doctor or pharmacist** about products that are available to help you quit smoking.
 - Be sure to let them know of your pregnancy status.
- Find a **support group** - use the resources listed above to help.
- **Focus on your reasons for quitting**-to improve your health, protect your family, or save money.
- Tell your **family & friends** that you plan to stop smoking.
- Learn how to **handle urges** to smoke and the stress that comes along with quitting. Know what your "**triggers**" are and how you will deal with them when you no longer smoke.
- Set a **target date** for quitting in the **near future**
 - Mark it on your calendar. It will be a day you celebrate each year.



Smoking During Pregnancy What are the Risks to You & Your Baby?

RISKS TO YOU

- **When smoking, your body is exposed to more than 7,000 chemicals, including 70 that are known to cause cancer. These chemicals move from your lungs to your blood, leading to every organ in your body. When you smoke, it damages your body right away.**

RISKS TO YOUR BABY

- **Tobacco use (including smokeless tobacco such as vaping or e-cigarettes) during pregnancy increases the risk of fetal growth problems & preterm birth.**
- **Breathing secondhand smoke during pregnancy increases the risk of having a low-birth-weight baby.**
- **Secondhand smoke around infants and children increases rates of:**
 - **Sudden Infant Death Syndrome (SIDS)**
 - **Asthma Attacks**
 - **Respiratory Infections**
 - **Ear Infections**

SCAN
ME! >>>

