



QUIT FOR YOU AND YOUR FAMILY.

“

The day I found out I was pregnant, I threw my pack of cigarettes away. ”

— Brenda from Nikiski

There are benefits to quitting tobacco and nicotine at any point during pregnancy. That's because tobacco and nicotine use:

- Decreases chances babies are born full term and at a healthy weight
- Decreases likelihood of healthy brain development for babies
- Increases chances for birth defects, miscarriage, and stillbirth
- Increases likelihood of sudden infant death syndrome (SIDS)

Alaska's Tobacco Quit Line can help you quit if you are pregnant, planning to become pregnant, or breastfeeding.

Call **1-800-QUIT-NOW** (784-8669)
Text **READY** to 34191
Visit **AlaskaQuitLine.com**

ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW

