

Quit for you.
Quit for them.



**Quitting tobacco at any time during
your pregnancy will give you and
your baby a healthier future.**

Using tobacco during pregnancy:

- 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.**

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

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

