

Smoking and Pregnancy Don't Mix

It's Bad Before, During and After Baby's Birth



Women: Smoking Can Cause

- Problems getting pregnant
- Premature birth/baby born too soon
- Dangerous bleeding



Babies: Being Around Smoke Can Cause

- Premature birth
- Low birth weight, which can lead to serious health problems
- Sudden Infant Death Syndrome (SIDS)
- Stillbirth (death)
- Cleft lip/palate
- Birth defects



Quitting Is Hard. How to Get Help.



✓ FREE Ohio Tobacco Quit Line

Phone counseling, text messaging, nicotine replacement therapy (if applicable and provider-approved), gift card with completed calls.

1-800-QUIT NOW (784-8669)

✓ Ask your doctor about programs near you



Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, based on 2014 Surgeon General's Report, Ohio Department of Health

Copyright © 2015 RP 6/2018