

TOBACCO & PREGNANCY

Benefits of Quitting

It can be hard to quit using tobacco, but it is one of the best ways to protect your own health and your baby's health. No matter how far along you are, it's never too late to quit!

HOW QUITTING HELPS YOUR BABY



Your baby breathes better after just one day, which helps with growth and development.



It lowers the risk of your baby being born early or having a low birth weight.



Quitting lowers the risk of having a miscarriage or stillbirth.

HOW QUITTING HELPS YOU



You'll have more energy and breathe easier, too.



It helps you save lots of money that you can spend on other things.



You will feel better knowing what a great thing you're doing for your baby.

You may be eligible for free Nicotine Replacement Therapy through Quitline Iowa.

VISIT QUITLINEIOWA.ORG OR CALL 1-800-QUIT-NOW FOR HELP QUITTING.



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669