

**Quit Tobacco Today!**  
*Call the Alabama  
Tobacco Quitline at*  
**1-800-QUIT-NOW**  
**(1-800-784-8669)**

Get **FREE** help quitting tobacco today. The Alabama Tobacco Quitline service offers the following:

- A **FREE** telephone and online service for all Alabamians ([www.Quitnowalabama.com](http://www.Quitnowalabama.com))
- A **FREE** personalized quit plan
- **FREE** quit coaching
- **FREE** nicotine replacement therapy patches for qualified individuals over 18 who are enrolled in the program\*

\*Prescription required if pregnant or under 18. Medicaid patients receive their medications through Medicaid pharmacy services.

## *Effects of* **SECONDHAND SMOKE**

Being around secondhand smoke is harmful. It affects children, adults, and a mother's unborn child.

- Pregnant mothers who breathe in secondhand smoke are *more likely* to give birth to a low birthweight baby.
- Children who breathe in secondhand smoke are more likely to suffer from *bronchitis, severe asthma, ear infections, pneumonia, and slow lung growth.*
- An infant exposed to secondhand smoke is more likely to *die of Sudden Infant Death Syndrome (SIDS).*

*It's*  
**NEVER TOO LATE**  
*to QUIT smoking*  
*for you and your baby.*

*The*  
**POWER TO QUIT**  
*is INSIDE you*



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## Smoking and YOUR PREGNANCY

Smoking is very harmful to all women, but especially women who are pregnant. Smoking causes lung cancer, breast cancer, other cancers, and emphysema. Pregnant women who smoke are more likely to have:

- *miscarriages*
- *stillbirths*
- *premature babies*
- *babies with slow physical growth and mental development*
- *low birthweight babies*

## Smoking and MOTHERHOOD

Create a healthier home for you and your baby. If you quit smoking, you and your baby can enjoy these benefits:

- *healthier breast milk*
- *less chance of your child having allergies*
- *fewer coughs and colds for you and your baby*
- *less risk of Sudden Infant Death Syndrome (SIDS)*
- *less risk of your child having severe asthma, ear and acute respiratory infections*
- *a better chance of enjoying a long and healthy life together*



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*All pregnancies should start with early and consistent prenatal health care.*