

HOW SMOKING AFFECTS YOUR PREGNANCY

**IF YOU SMOKE
WHILE YOU
ARE PREGNANT**

**YOUR BABY
HAS A GREATER
CHANCE OF...**

DYING FROM SIDS
(Sudden Infant Death Syndrome)

DEVELOPING:

- Learning disabilities
- Behavior problems
- Ear infections
- Asthma
- Pneumonia and other respiratory diseases



**WHEN YOU SMOKE, SO DOES
YOUR DEVELOPING BABY.**

**IT'S NEVER TOO LATE TO
QUIT DURING PREGNANCY**

Each day that you don't smoke,
you are helping your baby.

FOR HELP TO QUIT

Call the Alabama Tobacco Quitline
at **1-800-784-8669** or visit
WWW.QUITNOWALABAMA.COM
for free help to stop smoking.
A compassionate counselor can
help you make a plan to quit.