Love yourself. Love your baby.

Quit Smoking.

How smoking during pregnancy affects your baby:

Low Birthweight

Premature Birth

Miscarriage

Stillbirth

Sudden Infant Death Syndrome (SIDS)

For help, call:

Alabama Tobacco Quitline

1-800-QUIT-NOW

(1-800-784-8669)

Free Call. Free Counseling. Free Nicotine Patches.*
*if eligible

Incentives for Teens!

ADPH
ALABAMA DEPARTMENT OF PUBLIC HEALTH

334.206.2777 www.adph.org/tobacco