



**Quitting smoking helps you and your baby.  
Be a quitter today to help protect your baby from:**

- **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**



**ADPH**

ALABAMA DEPARTMENT OF PUBLIC HEALTH

334.206.2777 [www.adph.org/tobacco](http://www.adph.org/tobacco)

# QUIT for LIFE

Quitting Smoking will not only improve your life, but the life of your baby.

Quit now to help prevent:

- \* Sudden Infant Death Syndrome (SIDS)
- \* Low Birthweight
- \* Premature Birth
- \* Miscarriage
- \* Stillbirth

Incentives for teens

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