



EMBRACE A **TOBACCO FREE LIFE** FOR BOTH YOU AND YOUR BABY.

Whether you're...



Looking to get pregnant



Expecting a baby



Have a newborn

...it's always a good idea and the right time to quit smoking.

DID YOU KNOW?

- ◆ Women who smoke have a higher risk of never being able to become pregnant.
- ◆ Smoking during pregnancy can harm the baby's lungs, heart and brain. It can even be fatal.
- ◆ Women who quit smoking are less likely to develop heart disease, lung disease and many different forms of cancer.
- ◆ Smoking during or after pregnancy increases the risk of Sudden Infant Death Syndrome (SIDS).

Free quit tools and services are available from Tobacco Free Florida and are proven effective to help you stay quit.

For more information, visit
TobaccoFreeFlorida.com/EmbraceForBoth.



Florida
HEALTH