

You Can Quit Smoking

Support and advice from your prenatal care provider

Now is a good time to quit for you and your baby
Good things happen as soon as you quit

For your baby

Your baby will be healthier

Your baby will get more oxygen

Your baby will be less likely to be born too soon

Your baby will be more likely to come home from the hospital with you

Your baby will have fewer colds and ear infections

Your baby will have fewer asthma and wheezing problems

Your baby will be less likely to have learning disabilities or attention deficit disorder

For You

You will have more energy and breathe easier

You will save money that you can spend on other things

Your clothes, car and home will smell better

Your skin and nails won't be stained and you will have fewer wrinkles

Food will smell and taste better

You will feel good about quitting

West Virginia
**TOBACCO
QUITLINE**
1-800-QUIT-NOW 1-877-966-8784



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