benefits of being tobacco free



benefits for you



Improves lung & heart health



Protects bone health



Reduces the risk of cancer



Reduces the risk of painful and irregular periods

benefits for your child



Promotes healthier brain development



Lowers risk of miscarriage, stillbirth, and Sudden Infant Death Syndrome



Lowers risk of being born too small or too early



Fewer coughs, colds, and ear infections



Less risk of asthma

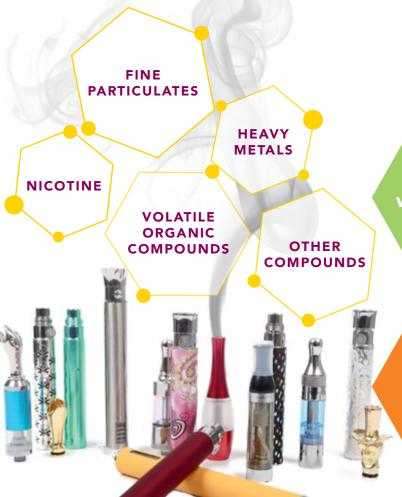
Quitting tobacco is one of the most important things you can do to protect your health and your child's health.



Ask your health care provider for help or call 1-800-QUIT-NOW (1-800-784-8669)



facts about e-cigarettes



NCP

E-cigarettes are not safe for you or your baby

E-liquids
are poisonous
when swallowed
or left on
the skin

E-cigarette aerosol is NOT "harmless water vapor" Keep
e-liquids and
e-cigarettes
away from
babies and
children

QuitTwoQuit.org

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