

benefits of being tobacco free



benefits for you



Improves lung & heart health



Reduces the risk of cancer



Protects bone health



Reduces the risk of painful and irregular periods

benefits for your child



Promotes healthier brain development



Lowers risk of being born too small or too early



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



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



FINE
PARTICULATES

HEAVY
METALS

NICOTINE

VOLATILE
ORGANIC
COMPOUNDS

OTHER
COMPOUNDS

E-cigarettes
are not safe
for you or
your baby

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

Keep
e-liquids and
e-cigarettes
away from
babies and
children

E-cigarette
aerosol is
NOT "harmless
water vapor"

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