

# PREGNANT AND SMOKING?

## (It's okay to ask for help.)

Keep your baby healthy by not smoking. Use ceremonial tobacco in a safe way. If you do smoke, ask your doctor for help with quitting. Be good to yourself and your family.

For more information, visit  
[www.tobacco-cessation.org/pregnantsmokers.htm](http://www.tobacco-cessation.org/pregnantsmokers.htm)  
For additional support, call 1-800-QUIT-NOW

