Tips to Help You Succeed

- **Set a quit date. Circle the day on your calendar, and create a plan.**
- **Throw out all the cigarette packs or tobacco products in your house and vehicle.**
- **Tell friends and family you're quitting. They can often be your biggest supporters.**
- **Ask people not to smoke around you now that you're pregnant.**
- **Leave the room when others light a cigarette, and try to spend more time in smoke-free places.**
- **Talk to your prenatal care team about your quit plan. They can help.**
- **Call the S.C. Tobacco Quitline toll-free at 1-800-QUIT-NOW (1-800-784-8669) any time 8 a.m. to 3 a.m.**

If you are pregnant and use tobacco, you qualify for

10 free counseling sessions

with a trained Quit Coach, plus free pregnancy support materials.

1-800-QUIT-NOW

1-800-784-8669
(Toll Free)

D H E C
PROMOTE PROTECT PROSPER
South Carolina Department of Health and Environmental Control

www.scdhec.gov

We promote and protect the health of the public and the environment.

ML-025417 10/14

For You & Your Baby

Benefits for You

Quitting smoking will:

- Increase your energy level
- Help you breathe easier
- Save money so you can spend on other things
- Make food smell and taste better
- Make you feel good about what you've done for your baby

Pregnancy is a great time to quit smoking.

Benefits for Your Baby

Quitting smoking during pregnancy will:

- Increase the amount of oxygen your baby gets
- Increase the chance your baby's lungs will fully develop
- Lower the risk that your baby will be born early
- Increase the chance your baby will come home from the hospital with you
- Prevent problems with the placenta
- Decrease chances of developmental delays

It is important to stay smoke-free after your baby is born.

Secondhand smoke can:

- Cause lung problems such as bronchitis and pneumonia, which could send your baby back to the hospital
- Increase your baby's chance of catching colds and getting ear infections
- Cause Sudden Infant Death Syndrome (SIDS)

A breastfeeding mom who smokes can transmit toxic chemicals found in cigarettes to her baby through her milk.

Immediate Health Benefits

Within 20 minutes

Your blood pressure drops, the temperature of hands and feet increase to normal.

Within 12 hours

The carbon monoxide level in your blood drops to normal.

Within 24 hours

Your chance of a heart attack decreases.

Within two to three weeks

Your blood circulation improves and lung function increases up to 30 percent.

Within one to nine months

Coughing, sinus congestion, fatigue and shortness of breath decrease.