

**PLEASE DON'T  
MAKE ME  
SMOKE!**



**Facts about second-hand smoke  
and smoking during pregnancy**

## DID YOU KNOW...

- "Passive smoking" (exposure to someone else's cigarette smoke) is a leading cause of death in the U.S.
- The poisons in cigarette smoke can harm unborn babies, children, and others who are exposed to them "second-hand."

Smoking kills  
non-smokers too!



## DID YOU KNOW...

- Smoking during pregnancy greatly increases your risk of miscarriage, premature birth, and low infant birth weight.
- Smoking during and after pregnancy also increases the risk that your baby will die from SIDS (Sudden Infant Death Syndrome).



**Give your baby a healthy start –  
Don't smoke!**

**QUESTION:** What can husbands, friends, and family members do to help a woman quit smoking during pregnancy?



**ANSWER:** Quit smoking too! It's a lot easier to quit when others quit with you.





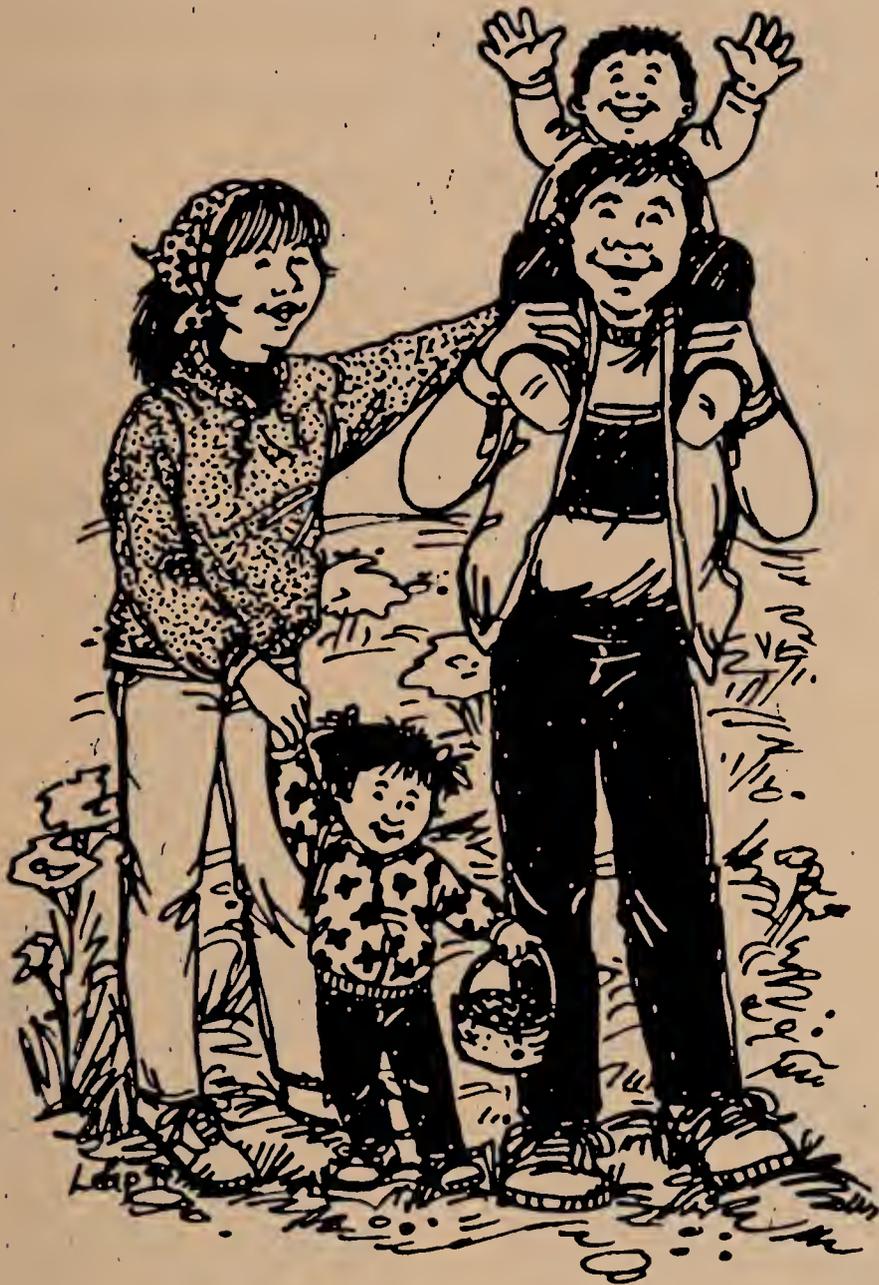
## DID YOU KNOW...

- Children whose parents smoke are much more likely to suffer from asthma, pneumonia, and bronchitis.
- Children whose parents smoke are also more likely to get ear infections.



Remember—  
If you smoke around your  
children, they're smoking too.

**IF YOU WOULD LIKE TO QUIT SMOKING,** contact your local health clinic or health educator for more information.



**For yourself and the ones you love, make healthy choices.**

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