WHY IT’S IMPORTANT

Tobacco in any form - cigarettes, chewing and even e-cigarettes - is dangerous to your health. Tobacco use in pregnancy makes you more likely to have more health problems and can even cause a miscarriage. It can also hurt your baby. Children born to mothers who used tobacco are more likely to have health problems, such as birth defects and asthma.

WHAT YOU CAN DO

If you are pregnant or want to become pregnant:

• If you do not smoke or use tobacco, do not start.

• If you do use tobacco, including cigarettes, chewing or e-cigarettes, quit. Following these tips can help:
  • Get rid of matches, lighters and ashtrays.
  • Designate your home a non-smoking area.
  • Ask people who smoke not to smoke around you.
  • Drink fewer caffeinated beverages because they may make you want to smoke. Also avoid alcohol, as it may also increase your urge to smoke and can be harmful to your baby.
  • Keep mints or gum (preferably sugarless) on hand for those times when you get the urge to smoke.
  • Stay active to keep your mind off smoking and help relieve tension: take a walk, exercise, read a book or try a new hobby.
  • Look for support from others. Join a support group or smoking cessation program.
  • Do not go places where many people are smoking such as bars, clubs or smoking sections of restaurants.
  • Avoid being around others who use tobacco.

GETTING HELP

• Ask your health department or other medical provider. They can tell you about options available to help you quit, choose what will work best for you and support you along the way.

• For support in quitting, please call 1-800-QUIT-NOW (1-800-784-8669). The Georgia Quit Line has people who can help, giving you information and support.

• Ask your friends and family for help. If they smoke, they can support you by choosing to quit smoking as well, or by avoiding smoking around you.