



LET QUITTING BE THE START OF A GREAT LIFE FOR YOU AND YOUR CHILD

As a mom, you work hard to keep your baby healthy and safe. Quitting smoking while pregnant will help both you and baby. Babies born to smoking moms suffer from allergies, asthma and ear infections. Some babies even have heart problems or may die suddenly. Call the Arkansas Tobacco Quitline for help to quit.

1-800-QUIT-NOW or **1-800-784-8669**.



NEED HELP TO QUIT TOBACCO?

Call the Arkansas Tobacco Quitline at 1-800-QUIT-NOW. Free counseling and nicotine replacement therapy medications are available 24 hours a day, seven days a week. If you are pregnant, you must have a doctor's prescription to receive nicotine replacement therapy.

