



*When you're a mother, you're  
smoking for two.*

SMOKING GREATLY INCREASES THE CHANCES FOR YOUR CHILD TO DEVELOP FUTURE HEALTH PROBLEMS, LIKE: chest colds and coughs, ear infections, and even Sudden Infant Death Syndrome (SIDS). Because of the delicate life inside of you, it's even more important that you strive to become tobacco-free. Because of this, the Quitline offers pregnant women 10 free phone sessions. Just think of it as five for you, and five for your child.



STAMP OUT SMOKING  
ARKANSAS DEPARTMENT OF HEALTH



Call 1-800-QUIT-NOW or visit [stampoutsmoking.com](http://stampoutsmoking.com)



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