



Give your unborn child a healthier start.

**STOP SMOKING.
STOP VAPING.
STOP ALL
TOBACCO USE.**



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

Tobacco Prevention and Control Program

What you inhale, *your baby does too.*

Whether you smoke tobacco, vape e-cigarettes, or use smokeless tobacco, please know that what goes into your lungs and bloodstream goes on to affect your unborn child. The smoke. The carbon monoxide. The toxins and chemicals. The vape flavorings and ingredients. All can deprive your developing baby from getting enough oxygen and food, and a better chance at a healthy life.

These poisons, along with addictive nicotine, transfer from you to your unborn child through the placenta during pregnancy. These same toxins also collect in your breast milk. Babies born to mothers who use any kind of tobacco are at greater risk for serious physical and/or medical problems, not only after birth, but also later in life.

According to the Centers for Disease Control and Prevention (CDC), these risks include:

- Miscarriage
- Premature birth
- Defects of mouth, lips, hands, and spine
- Underdeveloped lungs
- Low birth weight
- Nicotine damage to brain and lungs
- Learning disabilities
- Bronchitis, asthma, and pneumonia
- Frequent colds and middle-ear infections
- Sudden infant death syndrome (SIDS)



A dark, atmospheric image showing wisps of white vapor or smoke rising from below, filling the upper half of the frame.

WHAT ABOUT VAPING?

If you think vaping while pregnant is less risky than smoking, it isn't. Most electronic vapor products contain nicotine, a developmental toxicant, as well as other harmful additives that adversely affect pregnancy and infant outcomes. One vape pod can contain the nicotine equivalent of 20 cigarettes.

Eliminate all these risks for your baby by stopping now. It may not be easy, but you won't be alone. We're here to help you get past the pangs, stifle the urges, and quit smoking or vaping for good — for your own health and for your baby's. So let's get started.



FIRST, CUTTING DOWN DOESN'T CUT IT.

Reducing the number of cigarettes you smoke or how often you vape or use smokeless tobacco may be better than nothing. But it doesn't make anything better for your baby. You both still crave nicotine. And even if you switch to low-tar cigarettes, your body will be tempted to inhale them more deeply or take more puffs to get the same amount of nicotine as before.

Quitting is the only safe solution.



Handle those cravings.

There's a reason you think using tobacco helps you control stress. The nicotine is a stimulant. It releases neurotransmitters into your brain that act like a pick-me-up. So, while you may feel pretty good for a short period of time, the craving will set in again, and you'll feel worse if you don't have another cigarette. Who needs that added stress? Instead of lighting up, try these ideas to help you relax and overcome the craving.

Breathe deeply, counting to four on the inhale and four on the exhale. Repeat three or four times.

Close your eyes and imagine you are lying on a grassy meadow. You see clouds above you moving left to right. Imagine putting all the things that cause you stress — one by one — on the clouds and letting them float away.

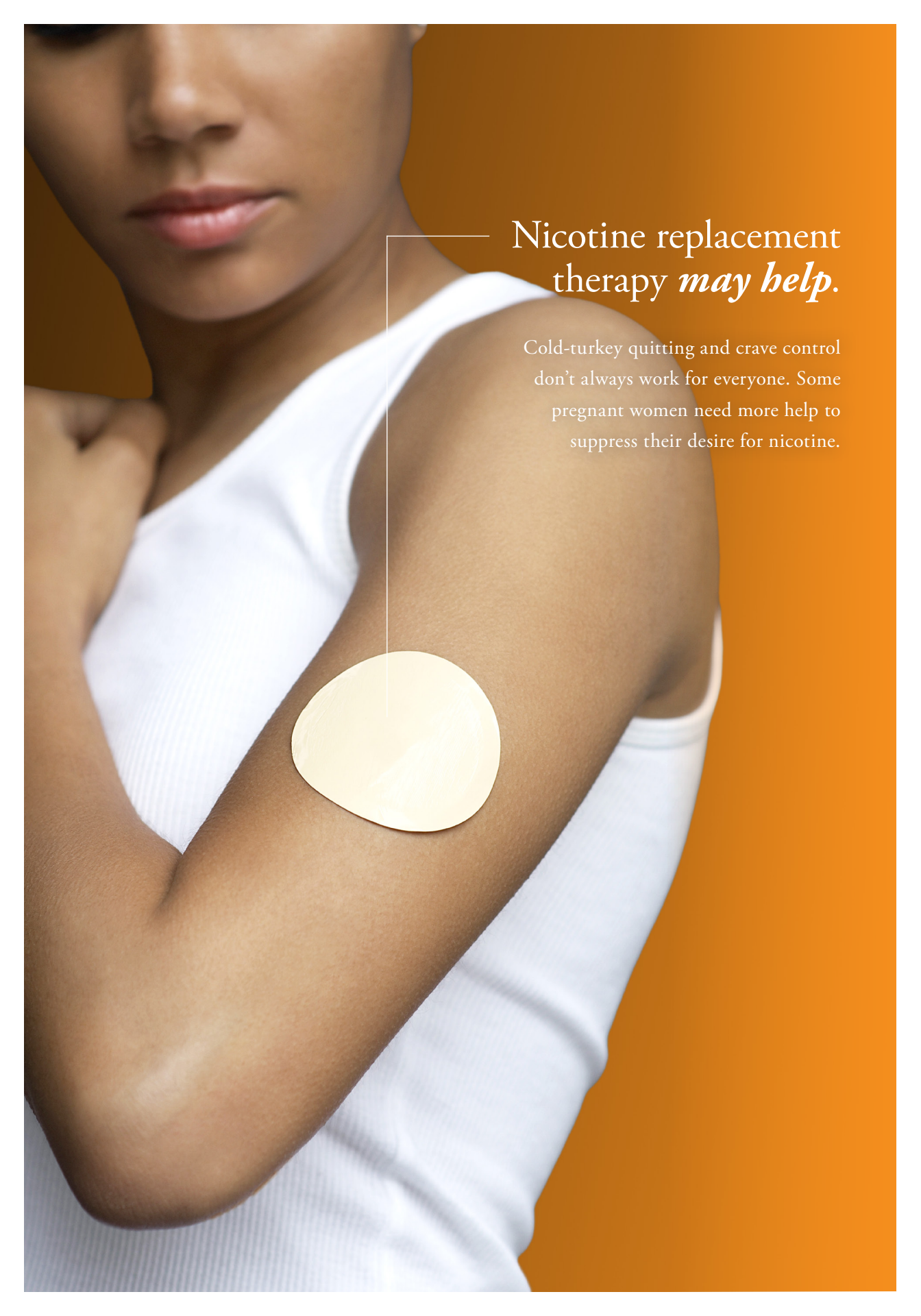
Let your hands hang down at your sides. Close your eyes. Now, beginning from your feet to your shoulders, tense and relax all your muscles.

Take a short walk or a timeout, or talk with someone — cravings only last three to five minutes.

Take a drink of water.

Hold a pencil, pen, or other substitute object in your hand.



A close-up photograph of a woman's arm and shoulder. She is wearing a white ribbed tank top. A circular, light-colored nicotine patch is applied to her upper arm. A thin white line extends from the patch towards the text. The background is a solid orange color.

Nicotine replacement therapy *may help*.

Cold-turkey quitting and crave control don't always work for everyone. Some pregnant women need more help to suppress their desire for nicotine.

**THAT HELP SHOULD BEGIN WITH A CONSULTATION
WITH YOUR OB/GYN OR OTHER HEALTH CARE
PROVIDER ABOUT NICOTINE REPLACEMENT OPTIONS
TO CONSIDER, INCLUDING:**

- Nicotine patch
- Nicotine gum
- Nicotine lozenges
- Prescription medications
like nasal spray, inhalers,
bupropion, and varenicline

Depending on side effects, your stage of pregnancy, risk of complications, or other concerns, a nicotine replacement might or might not be a good idea. Speak with your health care provider about different medications, how they work, and appropriate dosage levels. Together, you can find the nicotine replacement that's right for you and helps you stay true to your goal of quitting for good.



HOW QUITTING BENEFITS YOU BOTH.

Your body and your baby begin benefitting the moment you stop smoking. Here's how quickly things start to turn for the better.

Within 20 minutes

- Your blood pressure drops and returns to normal.
- Your pulse rate drops to normal.
- Your hands and feet return to normal body temperature.

Within 8 hours

- Carbon monoxide levels in your bloodstream and your baby's drop to normal.
- Oxygen levels in your bloodstream and your baby's rise back to normal.

Within 24 hours

- Your chance of having a heart attack decreases.

Within 48 hours

- Your nerve endings begin to regrow.
- Your sense of smell and taste improves.

Within 2 weeks to 3 months

- Your lungs work 30% better than when you smoked.

Within 1 to 9 months

- You cough less and feel less tired and out of breath.
- Your sinuses are less congested.
- The fibers inside your lungs regrow, lessening your risk of infection.

Within 1 year

- Your risk of heart disease drops in half.
- Your risk of developing wrinkles and poor skin tone decreases.



NOW THAT YOU'RE READY TO QUIT, HERE'S HOW.

Many pregnant women believe they can quit smoking, vaping, or using smokeless tobacco on their own. Truth is, people are three times more likely to quit for good with the help of coaching. It's up to you. But having a Quit Coach® to turn to or speak with is definitely an advantage.



More than a million people quit each year. You and your baby can join them by following these important guidelines:

- Set a quit date — the real date you plan to use tobacco for the last time.
- Tell family, friends, and coworkers of your intent, and ask them not to smoke around you.
- Toss out all cigarettes, ashtrays, matches, lighters, vape pens, juices, devices, and smokeless products.
- Identify the things or circumstances that cause you to smoke, and avoid them.
- Talk with other women who successfully quit while they were pregnant.
- Talk with your prenatal or health care provider about quitting.
- Call the Delaware Quitline, explain that you are pregnant, and ask to speak with a coach — you'll get free help over the phone, or you can work with a trained Quit Coach in person.
- Have a plan for handling nicotine cravings.
- Visit **QuitSupport.com**. It's a free online community of people like you, who offer support to help you quit.
- Find and practice new ways to relax.
- Envision yourself turning down a cigarette or vaping opportunity.
- If you give in, don't give up. It can take up to five times to actually quit for good. Set a new quit date and get back on track.
- Make a list of all the good things this is doing for your baby.
- Smile often at your new tobacco-free self in the mirror.

AVOID A RELAPSE AFTER GIVING BIRTH.

Don't smoke again once you've successfully quit. Your secondhand smoke puts your baby at increased risk for asthma, bronchitis, ear infections, and pneumonia — even sudden infant death syndrome (SIDS) — in the first year of life. Studies still haven't been conclusive on the effects of secondhand nicotine vapor, but given babies' low body weight and developing lungs, the risk just isn't worth it.



We're always here for you.

At Delaware Health and Social Services, we know you want what's best for your baby — before and after birth. But now more than ever, it's important that you look after your own health too. Let us help you accomplish both. Call the Delaware Quitline to begin a better life for you and your baby.

Call 1-866-409-1858 to enroll. From there, you'll pick which option is right for you:



Our compassionate support specialists will assess your needs and explore your options, right over the phone.



Is online too informal? Is a phone call too uncomfortable? If so, call our Quitline number and arrange for an in-person talk with a trained local coach.



Our Quit Coaches will help you conquer your smoking urges at your own pace — with online support, tracking tools to help you quit, and much more.



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DELAWARE
QUITLINE
1-866-409-1858

QuitSupport.com

Special help is available for pregnant smokers to quit
smoking, vaping, or using smokeless tobacco.
We offer FREE coaching by phone or in person.
Call **1-866-409-1858** (toll-free).



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