



Give your unborn child a healthier start.

STOP SMOKING. STOP VAPING. STOP ALL TOBACCO USE.

Talk with your health care provider about quitting smoking, vaping, or using smokeless tobacco. There are many services that could be available to help you get healthier while pregnant, and deliver a healthier baby.

- AVOID THE RISK OF SMOKING-RELATED BIRTH DEFECTS.
- AVOID THE RISK OF DELIVERING AN UNDERWEIGHT BABY.
- GET FREE HELP FROM THE DELAWARE QUITLINE.
- GET A FREE GUIDE TO HELP YOU QUIT USING TOBACCO.

DELAWARE
QUITLINE
1-866-409-1858



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Tobacco Prevention and Control Program