

# BREASTFEEDING AND SMOKING

## Reduce the Risks of Secondhand Smoke and Death in Babies

### Quitting is the best option for you and your baby

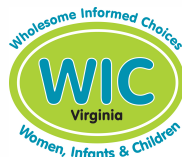
Infants exposed to tobacco are at high risk for Sudden Unexplained Infant Death (SUID). Breastfeeding can reduce the risk of SUID by 50 percent. Here is how you can reduce exposure:

- **Never expose your baby to secondhand smoke.**  
Do not allow smoking in your home or vehicle.
- **Breast feed your baby first** before smoking or vaping.
- Go outside to smoke. **Be at least 25 feet from any door or window.**
- **Wear a designated smoking coat.** Remove coat and wash exposed skin before touching your baby.
- **Wait 90 minutes** before breastfeeding again. Nicotine levels will be significantly reduced.
- **Always keep a separate sleep space for your baby.** Babies who sleep with parents who smoke have a higher risk of SUID.
- **Breast milk helps protect babies from serious illness.** If you have not been able to quit smoking, you should still breastfeed!



Quitting is Hard. We're Here to Help.

Call 1-800-QUIT-NOW (1-800-784-8669)



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