



Breastfeeding and Tobacco

How to Protect Your Baby

Infants exposed to tobacco are at high risk for Sudden Infant Death Syndrome (SIDS).
Did you know exclusive breastfeeding can reduce the risk of SIDS by 50%?*
Here's how you can reduce exposure.



Never expose your baby to secondhand smoke.

Do not smoke in your home or vehicle.



Breastfeed your baby first before smoking or vaping.



Wear a designated smoking coat then remove coat and wash exposed skin.



Go outside to smoke 25 feet from the door or window.



Wait 90 minutes before breastfeeding again. There will be less nicotine in Mom's milk.



Always place your baby in a separate sleep space.

It is not safe for babies to sleep with anyone who smokes.

It increases their risk of Sudden Infant Death syndrome (SIDS).



Human milk can protect your baby from serious illnesses.

If you have not been able to quit smoking, you should still breastfeed.

You can get help to quit. Try Quit Now Virginia, a **free** and confidential tobacco cessation counseling service. You will receive a personalized quit plan, self-help materials, up-to-date information, and more.

*Thompson J.M.D., Tanabe K, Moon RY, et al. Duration of Breastfeeding and Risk of SIDS: An Individual Participant Data Meta-analysis. Pediatrics. 2017;140(5):e20171324



Call **1-800-QUIT-NOW**
(1-800-784-8669; TTY 1-800-332-8615)
or visit Quitnow.net/Virginia.

