

SMOKING AND PREGNANCY

What are your risks?

Effects on Your Health

- Difficult getting pregnant
- Placenta separates from the womb too early, causing bleeding
- Placenta covers the cervix, causing problems
- Water breaks too early
- Pregnancy occurs outside the womb
- Miscarriage

Effects on Your Baby

- Baby born too small
- Baby born too early
- Cleft lip/palate
- Still birth
- Sudden Infant Death Syndrome



Quitting is Hard. We're Here to Help.
Call 1-800-QUITNOW (1-800-784-8669).

[QuitNow.net/Virginia](https://www.QuitNow.net/Virginia)



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