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