## Breastfeeding Protect your baby from tobacco exposure

FACT











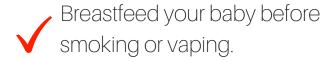






Infants exposed to tobacco are at high risk for Sudden Infant Death Syndrome (SIDS). Exclusive breastfeeding can reduce the risk by 50 percent. Here's how to reduce exposure:

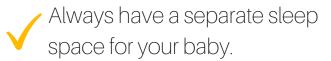
Never expose your baby to secondhand smoke. Do not allow smoking in your home or car.





Wear a designated smoking coat. Remove coat and wash exposed skin before breastfeeding.







Human milk can protect your baby from serious illnesses. If you have not been able to quit smoking, you should still breastfeed.



Call 1-800-QuitNow to recieve FREE tobacco cessation services. You will receive a personalized quit plan, selfhelp materials, and more.





