

# Breastfeeding

Protect your baby from tobacco exposure

FACT  
SHEET



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.

✓ Breastfeed your baby before smoking or vaping.

✓ Go outside to smoke at least 25 feet away from a door or window.

Wear a designated smoking coat.

✓ Remove coat and wash exposed skin before breastfeeding.

✓ Wait 90 minutes before breastfeeding again.

✓ Always have a separate sleep space for your baby.



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 receive FREE tobacco cessation services. You will receive a personalized quit plan, self-help materials, and more.