

1-800-QUIT-NOW
QuitNow.ne.gov



New Life, New Start

Are you pregnant or thinking about starting a family?
Quit tobacco for a healthier baby and you!

Quit Tobacco for *YOU*:

- Increase your energy throughout your pregnancy.
- Breathe better in as little as 2-3 weeks.
- Reduce the risk of developing gestational diabetes.
- Reduce your cancer risk.
- Increase your chances of success when trying to get pregnant.
- Reduce the risk of complications before, during and after pregnancy.
- Lower the risk of developing postpartum depression.

Quit Tobacco for *YOUR BABY*:

- Reduce the risk of damage to fragile fetal lung and brain tissue.
- Lower the risk of birth defects and long-term health issues.
- Reduce the risk of miscarriage, preterm delivery and infant death.
- Reduce asthma attacks, pneumonia, bronchitis and ear infections.

Quit Tobacco for *EVERYONE*:

- Eliminate toxic tobacco chemicals from toys, blankets and in the air.
- Help your whole family stay healthy and breathe easier.

FOR FREE HELP QUITTING

**Call the Nebraska
Tobacco Quitline at
1-800-QUIT-NOW
(784-8669)**

1-855-DÉJELO-YA
(335-3569)

**Or visit
QuitNow.ne.gov**



Ask about quitting tobacco today.
Get the support you need.

Nebraska Department of Health & Human Services
Tobacco Free Nebraska | dhhs.ne.gov/tfn

**NEBRASKA
TOBACCO
QUITLINE**