

For a healthier baby and a healthier you!

Choose a pregnancy free from Tobacco, E-cigarettes, Marijuana, and Smoke.

Marijuana (medical and recreational)

- Any kind of smoke is a health risk.
- The active ingredient in marijuana (THC) passes from mother to baby during pregnancy and through breast milk.
- Babies exposed to THC can have problems with feeding and may develop slower mentally and physically.

Marijuana-Free will help your baby's body:

- Have less risk of developmental problems.
- Be healthier.

To learn more: www.KnowThisAboutCannabis.org

E-cigarettes (vapor products)

- E-cigarettes come in several shapes and sizes, and most contain liquid nicotine and other harmful chemicals. Long-term health effects are unknown.
- Liquid nicotine is toxic, and just a few drops on the skin or taken by mouth may be fatal to children.
- E-cigarettes are not safe for pregnant women who do not currently use tobacco products.

E-cigarette-Free will help your baby:

- Have a better chance of full-term delivery and a healthy weight at birth.
- Avoid coming in contact with liquid nicotine.
- Be healthier.

Tobacco

Cigarettes and other forms of tobacco are dangerous to everyone's health. Nicotine from tobacco passes from mother to baby during pregnancy and through breast milk. It can cause:

- Sudden infant death syndrome (SIDS).
- Premature birth, low birth weight, and stillbirth.
- Poor feeding and irritability.

Smoking tobacco in a hookah has the same health risks as cigarette smoking. One hookah session can be the same as smoking 100 cigarettes.

Tobacco-Free will help your baby:

- Have less risk of asthma.
- Have fewer coughs, colds, and ear infections.
- Have a healthier birth weight and start in life.

Secondhand and Thirdhand Smoke

Smoking while breastfeeding exposes your baby to nicotine and secondhand smoke, which contains other harmful chemicals.

Thirdhand smoke is secondhand smoke that sticks to floors, walls, clothing, carpeting, furniture, and skin.

Keep smoke outside of the home and car.

Smoke-Free will help your baby have:

- Have less risk of dying from SIDS.
- Have less risk of asthma, cough colds, and other breathing problems.
- Have fewer ear infections.
- Have fewer trips to the doctor.
- Be healthier.

If you are ready to quit tobacco:

Call the Washington State Tobacco Quitline at **1-800-QUIT-NOW** (1-800-784-8669)
Download the 2Morrow Health smartphone app by visiting doh.wa.gov/quit
Ask your health care provider if tobacco cessation is covered by your insurance plan.

If you need help quitting marijuana;

Call the Washington Recovery Helpline at 1-866-789-1511

