

We Know You Want to *Protect Your Family*



Keeping your family safe from secondhand smoke and vaping is one of the most important ways to protect their health.



Pregnant women who breathe secondhand smoke or vaping aerosol are more likely to have babies that are born too small or too soon.



Babies and kids who breathe secondhand smoke or vaping aerosol are more likely to have ear infections, coughs, colds, asthma, and to die from Sudden Infant Death Syndrome (SIDS).

**Keep your family safe.
Don't smoke or vape around them.**

Thinking about quitting? Talk to your health care provider
or call 1-800-QUIT-NOW (1-800-784-8669)

This material was developed by, and used with permission from the University of North Carolina Collaborative for Maternal and Infant Health.

