

# 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.

