Some of the reasons to quit smoking are very small.

Amanda, age 30, Wisconsin

Amanda smoked while she was pregnant. Her baby was born 2 months early and weighed only 3 pounds. She was put in an incubator and fed through a tube. Amanda could only hold her twice a day. If you’re pregnant or thinking about having a baby and you smoke, please call 1-800-QUIT-NOW.

#CDCTips