

A TIP FROM A
**FORMER
SMOKER**

**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.



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention
CDC.gov/tips

#CDCTips