

You Can Quit Smoking

SUPPORT AND ADVICE FROM YOUR PRENATAL CARE PROVIDER

NOW IS A GOOD TIME TO QUIT FOR YOU AND YOUR BABY

GOOD THINGS HAPPEN AS SOON AS YOU QUIT

FOR YOUR BABY:

Your baby will be healthier.

Your baby will get more oxygen.

Your baby will be less likely to be born too soon.

Your baby will be more likely to come home from the hospital with you.

Your baby will have fewer colds and ear infections.

Your baby will cough and cry less.

Your baby will have fewer asthma and wheezing problems.

FOR YOU:

You will have more energy and breathe easier.

You will save money that you can spend on other things.

Your clothes, car, and home will smell better.

Your skin and nails won't be stained, and you will have fewer wrinkles.

Food will smell and taste better.

You will feel good about quitting.



U.S. Department of Health
and Human Services

Public Health Service
ISSN 1530-6402



Smoke-Free Families
www.smokefreefamilies.org

A national program supported by
The Robert Wood Johnson Foundation

(over)

Usted Puede Dejar de Fumar

RECOMENDACIONES Y APOYO DE SU MEDICO DE
CUIDADOS PRENATALES

TANTO PARA USTED Y PARA SU BEBE. AHORA ES BUENA HORA QUE
USTED DEJE DE FUMAR

DEJAR DE FUMAR RESULTA EN MUCHOS BENEFICIOS

SU BEBE:

- Será más saludable.
- Respirará más oxígeno.
- Tendrá menos probabilidades que nazca prematuro.
- Tendrá mas probabilidades de irse del hospital con usted.
- Tendrá menos resfriados e infecciones de oído.
- Toserá y llorará menos.
- Tendrá menos problemas respiratorios y menos problemas de asma.

USTED:

- Tendrá más energía y respirará más fácilmente.
- Ahorrrará dinero que puede usar para comprar otras cosas.
- Su ropa, su carro, y su casa olerán mejor.
- Su piel y sus uñas no se mancharán, y usted tendrá menos arrugas.
- Comidas tendrán mejor sabor.
- Se sentirá contenta de haber dejado de fumar.



U.S. Department of Health
and Human Services
Public Health Service
ISSN 1530-6402



Smoke-Free Families
www.smokefreefamilies.org

Un programa nacional apoyado por la
Fundación de Robert Wood Johnson.

(vuelta)