

Keep Mothers and Babies Smoke Free



Oregon Tobacco Quit Line

Toll-Free Quit Line numbers:

English: 1-877-270-7867
(1-877-270-STOP)

Spanish: 1-877-266-3863
(1-877-2NO-FUME)

The Most Important Thing a Mother Can Do for Her Baby's Health Is Quit Smoking!

Breathing secondhand smoke can be dangerous to a baby's health. Secondhand smoke can also cause:

- Sudden Infant Death Syndrome
- Asthma
- Bronchitis
- Ear Infections

Keep your home smoke-free! Protect your child's health.

- If you have to smoke, take it outside, staying away from windows and doors.
- Ask friends and family not to smoke in your home or around your children.
- When smoking outside, wear a jacket or clothing just for smoking.
- Wash your hands after smoking, especially before holding babies.
- Don't smoke in the car.

How do you get help to quit?

The Oregon Tobacco Quit Line offers free quitting information, confidential one-on-one telephone coaching, and referrals for more help.

- Free Call, Free Service
- Trained, professional Quit Coaches

What can the Quit Line do?

- If you've just quit, Quit Coaches can give you support.
- If you're ready to quit, Quit Coaches can help you with a quit plan.
- Provide you a Quit Guide.
- Give you other resources.

