

QUITTING TAKES PRACTICE

Remember the **5Ds**

These are five simple steps to take to help you become tobacco-free.

- 1 Delay.** Don't reach for that cigarette. The longer you delay, the less likely you are to smoke.
- 2 Do something different.** Go for a walk. Treat yourself to a healthy snack.
- 3 Deep breathe.** Take 4 slow breaths.
- 4 Don't go where people are smoking.** The smoke from other people's cigarettes is also harmful to you and your baby's health.
- 5 Drink water.** Drink at least 8 glasses of water daily.



A Free and Effective Service

The Georgia Tobacco Quit Line is a public health service funded by the Georgia Department of Public Health through the Georgia Tobacco Use Prevention Program (GTUPP).

Professional evidence-based services are available at no-cost to all Georgia adults, pregnant women and teens (ages 13 and older). Georgia Tobacco Quit Line coaches are highly trained tobacco cessation specialists.

To learn more about the Georgia Tobacco Quit Line, please call our toll-free number:

1-877-270-STOP
1-877-270-7867 (English)
1-877-2NO-FUME (Spanish)

Hours of Operation:
8:00 am - midnight
(7 days/week)

For Hearing Impaired:
TTY services: 1-877-777-6534
www.livehealthygeorgia.org

Georgia Department of Public Health
Georgia Tobacco Use Prevention Program (GTUPP)
Two Peachtree Street, N.W.
Suite 16-252
Atlanta, Georgia 30303-3142
(404) 657-0603



**Live
healthy
georgia**



Sources: U.S. Surgeon General Report, North American Quitline Consortium (NAQC), Smoke Free Families.

Pregnant and Smoking?

YOUR REASON FOR QUITTING TODAY



When you are ready,
we're here.

Call the Georgia Tobacco Quit Line Today.
A Free and Effective Service That Helps Georgians Quit
Smoking and Using Tobacco

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

WWW.LIVEHEALTHYGEORGIA.ORG

Funding provided by the Centers for Disease Control and
Prevention-Office of Smoking and Health

THE BEST TIME TO QUIT IS NOW



FOR YOUR HEALTH

Quitting smoking early in pregnancy is best. The sooner you quit during your pregnancy also helps you and your baby.

When you are pregnant, everything that goes into your body also goes into your baby. This includes what you eat, drink, breathe and even drugs you take.

Tobacco use is very harmful to pregnant women as well as their unborn children. Tobacco smoke may damage the tissues of an unborn baby's growing brain and lungs.

Harmful chemicals from tobacco can get into your baby's bloodstream. These chemicals can harm the baby health and limit the baby's growth.



FOR YOUR BABY

Tobacco use can lead to pregnancy problems including premature birth, low-weight babies, miscarriage, and sudden infant death syndrome (SIDS).

Quitting smoking while you are pregnant can protect your baby from harm and:

- Increases the chances your baby's lungs will work well.
- Lowers the risk that your baby will be born too early.
- Increases your chances of having a normal weight, healthy baby.

Take your first step. Talk with your doctor and nurse today about safe tobacco cessation options.

When you are ready, we are here. Call to get your free "Quit" kit and plan, professional counseling and referral services and helpful tips.



FOR YOUR FUTURE . . .

There are plenty of benefits to quitting while you are pregnant and remaining tobacco-free after your baby is born:

- Saves you money that can be spent on more important things.
- Fewer coughs and colds for you and your baby.
- Healthier breast milk.
- Makes your clothes, home and car smell better.
- Gives you more energy and helps you breathe easier.

Quitting tobacco use can lead to a longer and healthier life. Live to celebrate precious moments and watch your family grow and thrive.
They need you.

Georgia Tobacco Quit Line 1-877-270-7867 (Toll-Free)