

A TIP FROM A  
**FORMER  
SMOKER**

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**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