



Are you willing to quit smoking?
If so, we are committed to help.

If you are ready to quit smoking and want to enroll in this program, call the local agency listed on the back of this page.

They will set up your first appointment and provide the positive support you need to quit.

You and your baby can be tobacco free!

This program is provided
in partnership with:



The National *BABY & ME* — Tobacco Free Program
babyandmetobaccofree.com



Ohio
Department of Health

QUIT OHIO TOBACCO
LINE CALL IT QUIT!
1-800-QUIT-NOW



Healthy babies born on time.

Quitting smoking is the single most important thing you can do for your health *and* the health of your baby!



Benefits for your baby:

- Increases the amount of oxygen your baby will get
- Increases the chances your baby's lungs will work
 - Lowers the risk that your baby will be born too early or too small
- Increases the chance that your baby will come home from the hospital with you on time

Benefits for you:

- Gives you more energy and helps you breathe easier
- Reduces your risk of developing smoking-related cancer and other chronic diseases
 - Saves money
- Makes your clothes, hair and home smell better
 - Makes your food taste better
- Helps you feel good about what you've done for yourself *and* your baby

How does the **BABY & ME — Tobacco Free Program** work?

What you need to do:

- Commit to quit smoking and stay quit during your pregnancy
- Enroll in the **BABY & ME — Tobacco Free Program**
- Attend 4 prenatal smoking cessation sessions
- Agree to take a monthly breath test to prove that you are tobacco free
- Stay smoke free after your baby is born and receive a monthly voucher for free diapers, for up to 12 months!



To enroll in your local **BABY & ME — Tobacco Free Program** get in touch with:

Mahoning County District Board of Health
50 Westchester Dr.
Austintown, Ohio 44515
330.270.2855



- **Quit Smoking**
- **Get Free Diapers**
- **Enroll Today!**