

Pregnancy and Secondhand Smoke/Vapor

Risks of Secondhand Smoke/Vapor

- Giving birth too early when baby is not fully developed
- Low birth weight, even when baby is born full term
- Infant death (from miscarriage, stillbirth, or Sudden Infant Death Syndrome-SIDS)
- Birth defects (heart defects, lip and mouth defects)

Smoking/Vaping in the Home

Sometimes pregnant people who don't smoke/vape may live with someone who does. Pregnancy is a good time to start the conversation about making the home and car smoke/vape free to protect the baby during pregnancy and to create a safe environment to bring baby home.

Smoke/Vape Free for Baby and Me

- Make your entire home and car smoke/vape free
- Keep away from people while they smoke/vape
- Talk to your family or friends about quitting
- Avoid houses and cars that people have smoked/vaped in