

#Quit4Baby

**A smoke free
environment
is best during
pregnancy.**



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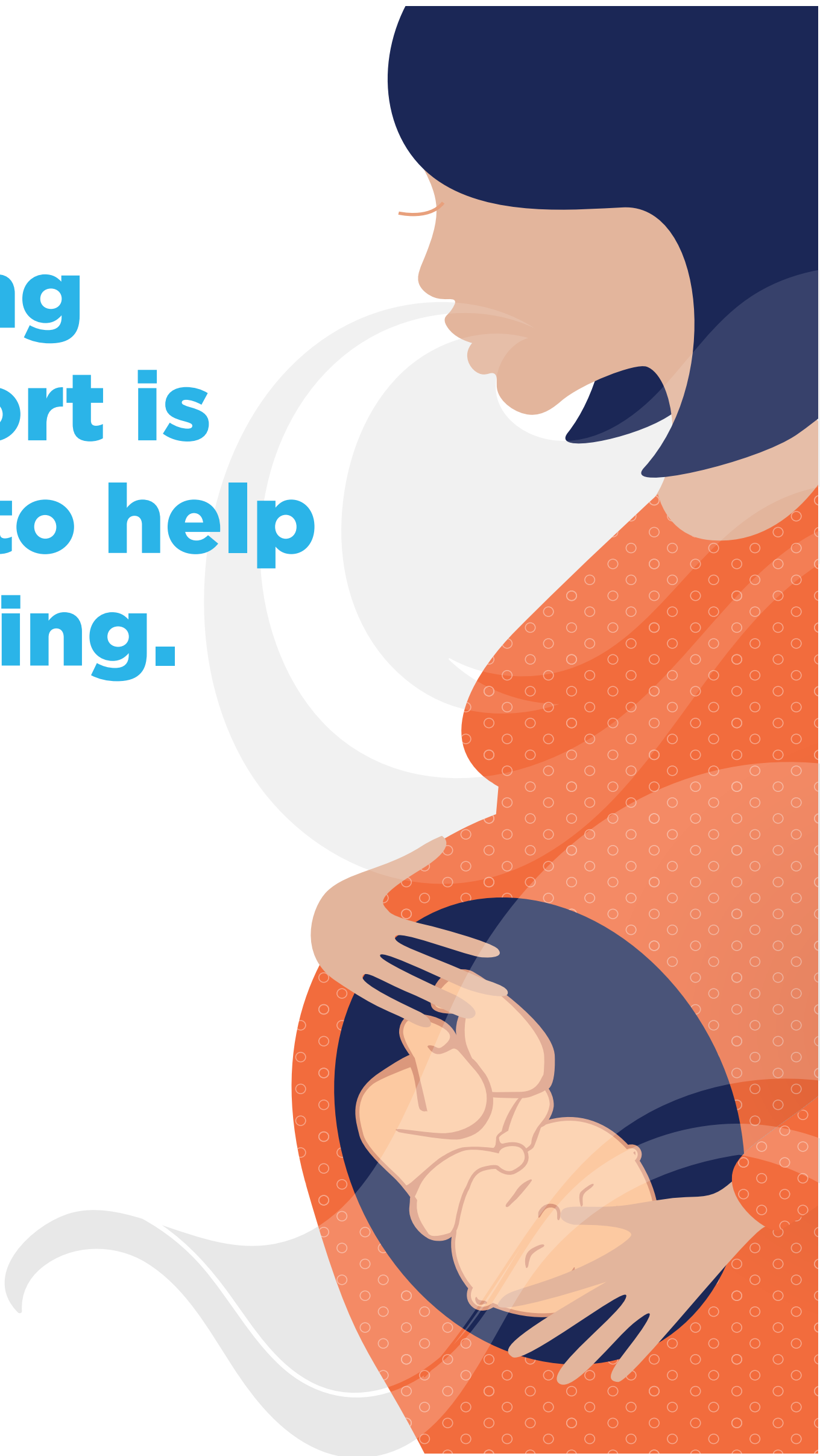
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**Counselling
and support is
available to help
quit smoking.**

**Call Quitline
on 13 7848**



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**Approved quit
smoking products,
such as nicotine
replacement
therapy, may
help you to
quit smoking.**



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Quitting early is best, but stopping at any time in your pregnancy will benefit you and your baby.



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**E-cigarettes and
other forms of
smoking are not
recommended in
pregnancy.**



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**Smoking
in pregnancy
is one of the
main causes of
stillbirth. Quitting
is best for you
and for baby.**



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