



Smoking and Pregnancy

Most people know that smoking is harmful to pregnant women and their babies. Stopping smoking and avoiding second-hand smoke can help both you and your baby be as healthy as possible. It is best to stop smoking before you get pregnant, but stopping or cutting back at any time will make a difference.

Think about how you can stop smoking and how you can ask your friends and family to step outside to smoke.



**It might not be easy. It is OK to ask for help.
You can do it. Visit www.pregnets.org**

***best start
meilleur départ***

by/par health **nexus** santé