



Health
Canada

Santé
Canada

Pregnant and Smoke-Free!

*A smoke-free
environment is best for
you and your baby.*

Smoking makes it hard for your baby to get enough oxygen and nutrients. This means your baby will not develop as well.

Quitting smoking is good for you and your baby.

Staying away from second-hand smoke and smoky places as much as you can is also best for both of you.

If you would like help to quit smoking please talk to your health care provider.

For more information:



1 800 0-Canada
www.healthypregnancy.gc.ca



*“At the health centre,
we provide support to
quit smoking.”*

*Katherine Spero
Aamjiwnaang First Nation*



OUR COMMUNITY SUPPORTS
HEALTHY PREGNANCIES