

Honor Their Breath. Honor Every Breath.

We can't stifle the story of this new member of our community before they even have the chance to share it.

Pass down your wisdom and our traditions — not toxins.



Harms of Vaping While Pregnant:

- Nicotine exposure from e-cigarettes can harm fetal brain development and lead to long-term behavioral and learning problems.
- Toxic chemicals in vape aerosol—including heavy metals, formaldehyde, and flavoring agents—can affect fetal organ development.
- Increased risk of complications such as low birth weight, preterm birth, and stillbirth.
- Secondhand exposure to vaping aerosols may also pose risks to pregnant individuals and developing babies.
- Vaping is not a safe alternative to smoking during pregnancy; it can carry similar or unique risks to maternal and fetal health.



Honor Their Breath. Stop the Vape Toxins.



HonorEveryBreath.org



Scan to See the Dangers of Tobacco Use While Pregnant

Paid for by the South Dakota Department of Health



Restore your health
and your baby's light
with South Dakota QuitLine's
FREE Postpartum Program.

SOUTH DAKOTA
QUITLINE



A new soul...a new light is on the way.

Support During & After Pregnancy

If you **need help quitting** while you foster this new soul, here's what to expect from the program:

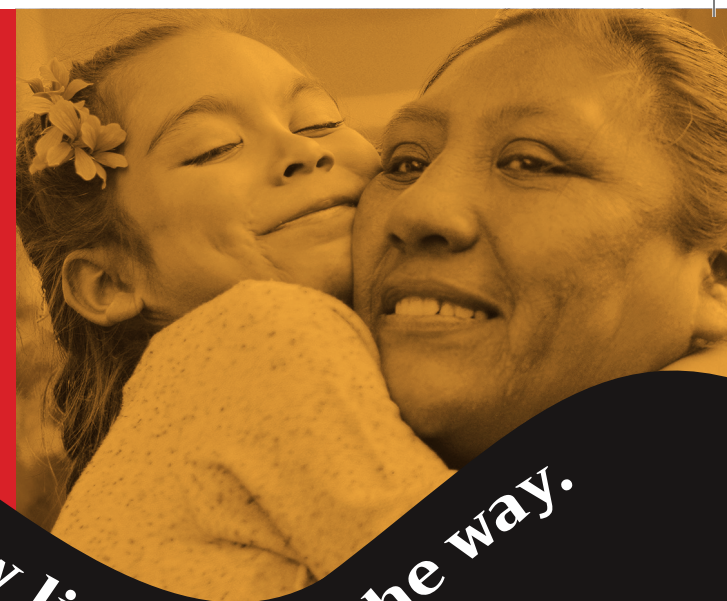
- Enrollment in enhanced phone coaching
- Four postpartum relapse prevention calls
2 weeks before your due date | 15 days after due date
45 days after due date | 90 days after due date
- Re-enrollment time period waived if relapse occurs
- Seven-month follow-up call after graduation

Enroll Now

Call: 1-866-SD-QUITS (1-866-737-8487)

Dial: SD Relay 711

Visit: SDQuitLine.com



Postpartum Support Following the Quit

If you **have already quit** tobacco but would like support, here's what to expect from the program:

- Enrollment in the postpartum program
- Four relapse prevention calls
2 weeks before your due date | 15 days after due date
45 days after due date | 90 days after due date
- No requirement to complete the full coaching program

Note: You must sign up at least two weeks before your due date to receive additional services.



You can get as many as **three \$25 gift cards** at program milestones if you use a quit coach. If you quit on your own, the program offers as many as **two gift cards** at postpartum follow-up milestones.