

Seeking additional answers?

Vaping is **not** a safe alternative to smoking. Quitting tobacco of all kinds is critical to the safety of you and your child. South Dakota QuitLine can help. Call us today **1.866.737.8487** to get started.

SD QuitLine's Pregnancy & Postpartum programs includes:**

- Enhanced phone coaching during pregnancy
- Relapse prevention calls at regular increments as many as 3 months after birth

**SOUTH DAKOTA
QUITLINE**

**Patients must sign up at least two weeks prior to their due date to receive these valuable additional services



Ready to make the **right** decision?

Your decisions are their decisions. What you eat, what you drink and how you pass the time. You wouldn't put your baby through something that's harmful to their health. So why would you expose them to vape?

***Do the right thing —
put down the pen.***

> Find out more at QuitTobaccoSD.com

**SOUTH DAKOTA
QUIT
LINE**

1.866.SD-QUITS
SDQuitLine.com



Make the call— for **both** of you.

You're deciding for two. What to do... and what not to do. The choices you make now will stick with them for a lifetime. You wouldn't drink alcohol, consume raw fish or play contact sports while pregnant. So why vape?

When you vape or inhale vape secondhand while pregnant, you're exposing them to harmful chemicals. Make the choice for both of you. Put down the vape pen.



QuitLine offers services to help expectant and new mothers kick the habit — talk to your doctor today about obtaining free* support for your quit journey.

Paid for by the South Dakota Department of Health.

**South Dakota QuitLine offers phone coaching, kickstart kits, text coaching and no-cost NRTs, such as gum, patches or lozenges.*



How **vaping** impacts you and baby.

Protect your growing family and avoid nicotine during and after pregnancy. Vaping while pregnant can harm your health too — leading to low energy, breathing issues, fertility problems, and serious complications.

Staying vape-free supports a healthier future for you and your baby.

- 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.

