

# Today is For *me.*



**My health.  
My day without tobacco.**

## Thinking about quitting?

You are already making healthy choices, and now you are making them for your baby's health.

- Tobacco use (including smoking, vaping, and chewing tobacco) at any time before, during, and after pregnancy is not safe.
- Talk with your healthcare provider about your tobacco use if you are thinking about having a baby, are pregnant, or are nursing.
- Quitting support is available at 1-800-QUIT-NOW or online at [quitnownh.org](http://quitnownh.org).

**Remember, today is for you.  
Your day without tobacco.**

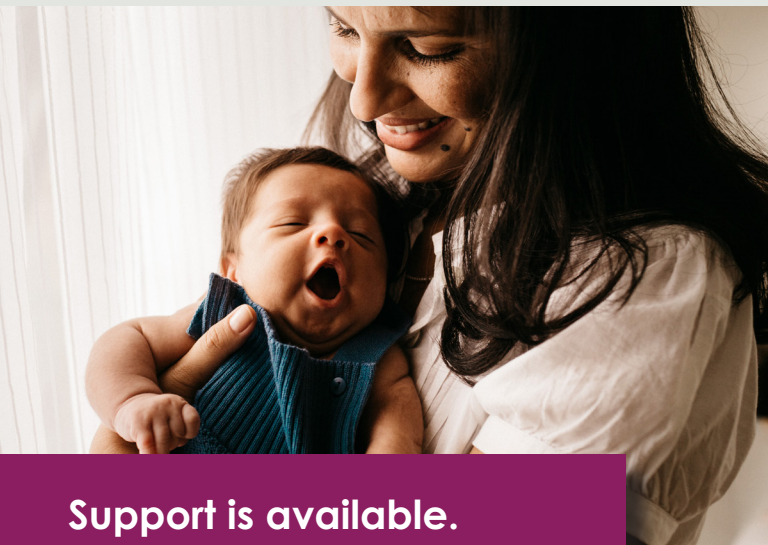
Visit [TodayisFor.me](http://TodayisFor.me) for tips on staying healthy.



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How can using tobacco products harm you and your baby? According to CDC:

- All tobacco products contain nicotine, which can damage your baby's developing brain and lungs.
- Secondhand smoke also contains many of the same dangerous chemicals as those inhaled while smoking.



**Support is available.  
Quit tobacco for you and  
your baby.**

### **Ready to quit?**

Get FREE support from coaches at 1-800-QUIT-NOW **(1-800-784-8669)**. They will help you make a plan to stay healthy and discuss if you qualify for free medication.

**Today is for ME.  
Myself, my health and my baby.**



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for tips on staying healthy.



QuitNowNH.org  
1-800-QUIT-NOW

Today is For  
**me.**