Even for adults, secondhand smoke can be deadly.

Imagine what it can do to your baby!

If you are exposed to Secondhand Smoke (SHS) during Pregnancy, your baby may be at high risk for:

- Miscarriage and stillbirth
- Low birth weight
- Preterm delivery
- Impaired growth and development of major organs as well as the digestive and central nervous systems
- Congenital malformation
- Sudden Infant Death Syndrome
- Cognitive and behavioral disorders
- Asthma
- Inner-ear infections
- Frequent breathing problems, such as coughs, pneumonia, bronchitis and croup
- Childhood cancer
- Decreased immune functioning

SECONDHAND SMOKE IS RELATED TO 53,000 DEATHS EACH YEAR AMONG NON-SMOKERS.

TIPS for reducing secondhand smoke exposure:

- Tell everyone that his/her secondhand smoke harms you and your baby.
- Ask smokers not to smoke around you.
- Inform others that opening a window, smoking in a different room, or turning on a fan will not protect you from secondhand smoke! Ask them to take it outside.
- Put up “NO SMOKING” signs in your home.
- Never allow smoking in the car.

PROTECT YOURSELF…
PROTECT YOUR BABY…
LIMIT YOUR EXPOSURE TO SECONDHAND SMOKE.

FIND HELP TODAY.

For more information contact:
Tennessee Intervention for Pregnant Smokers (TIPS)
Office: (423) 439-6705  Fax: (423) 439-2440
TIPS Web site: http://www.etsu.edu/tips

Funding for the TIPS Program provided by: Tennessee Governor Phil Bredesen’s Office of Children’s Care Coordination.
Designed and produced by Biomedical Communications. TBR 260-136-07 .153M