



WISCONSIN TOBACCO

QuitLine

800-QUIT-NOW

or text **READY** to 200-400

For Women Who are Pregnant or Postpartum

The Wisconsin Tobacco Quit Line welcomes all who are pregnant or postpartum to contact us. When they do, friendly quit coaches will:

1. Help each woman create a quit plan that's right for her and her baby. This includes how to deal with stress.
2. **Be supportive. No judgments.**
3. Discuss the benefits of quitting.
4. **Talk about staying smoke-free after giving birth. Exposure to second-hand smoke is a major health risk to the baby. It's linked to asthma, ear infections and sudden death.**
5. Discuss medicine for postpartum women. It will not be sent to pregnant callers unless requested by her doctor.



6. Talk about the role of friends, relatives or a partner in the quit attempt.
7. Offer ongoing support. For more help, pregnant and post-partum moms can initiate as many calls to the Quit Line as they need.
8. **Send free booklets in the mail. They're designed especially for pregnant or postpartum moms.**

Three Ways to Reach the Quit Line



Call 800-QUIT-NOW



Text **READY** to 200-400



www.WiQuitLine.org