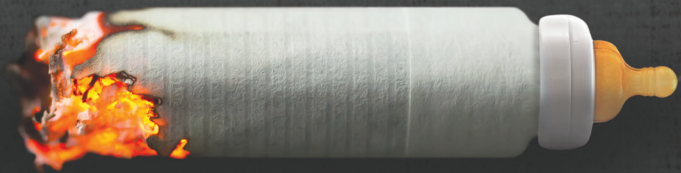


**When you  
smoke inside,  
they do too.**



Smoke-Free Around Baby & Me

Learn more at [columbus.gov/smokefreebaby](http://columbus.gov/smokefreebaby).

# Smoke-Free Around Baby & Me.

## Protect Your Baby from Secondhand Smoke.

If you smoke while you are pregnant – or let anyone smoke near your baby – he or she is lighting up too.

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Babies whose moms smoke while pregnant or who are exposed to secondhand smoke after birth are **more likely to die from SIDS** (Sudden Infant Death Syndrome).

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Pregnant mothers who breathe secondhand smoke are **more likely to have smaller babies who are weaker** and have a higher risk for health problems.

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When babies breathe in smoke, it **harms brain development** and their ability to control breathing.

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**If you are going to smoke, take it outside.** If you need help quitting, call 1-800-784-8669. Learn more at [columbus.gov/smokefreebaby](http://columbus.gov/smokefreebaby).