

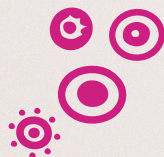
# Now is a great time to quit the smokes or vapes.



## **SMOKING OR VAPING BEFORE OR DURING PREGNANCY CAN HARM YOU AND YOUR BABY.**

The best way to protect you and your baby is to stop smoking and vaping. Support is available to help you give up for good.

**Have a yarn with your health worker, or call the Quitline.**



For help and support:



[health.gov.au/GiveUpForGood](https://health.gov.au/GiveUpForGood)



Australian Government  
Department of Health  
and Aged Care

**GIVE UP  
FOR GOOD**