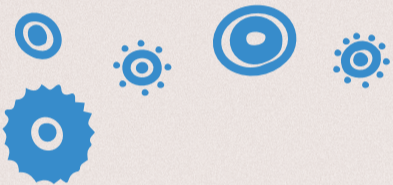


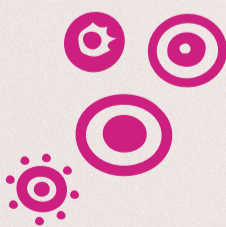
# Now is a great time to quit the smokes or vapes.



## 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**