

**GIVE UP  
FOR GOOD**



Australian Government

# Now is a great time to quit for both of you

**Smoking or vaping during pregnancy can harm both you and your baby.**

There is specialist support available to help you give up for good to improve your health and protect your baby.

Ask your health professional for advice or call Quitline.



Talk to a health professional and get free tools and support



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

**Quitline®**  
**13 7848**