

# 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)



**GIVE UP  
FOR GOOD**