

Do you know what your giving your baby?

There are approximately 600 ingredients in cigarettes. When burned, they create more than 7,000 chemicals. At least 69 of these chemicals are known to cause cancer, and many are poisonous.



Are You Ready To Quit?



Location:

Portage County Health Department
705 Oakwood Street
2nd Floor
Ravenna, Ohio 44266



Location:

Robinson Memorial Hospital
Cardiovascular Department
6847 N. Chestnut St.
Ravenna, Ohio 44266

Smoking Hurts the Whole Family



When you smoke... so does your baby

Ask us about
Smoking Cessation
Class Series and
how they can
change your life.



Quitting = A Healthier Environment for Mom and Baby

- Your baby will get more oxygen, even after just one day of not smoking.
- There is less risk that your baby will be born too early.
- There is a better chance that your baby will come home from the hospital with you.
- Your clothes, hair, and home will smell better.
- Your food will taste better.
- You will have more money that you can spend on other things.
- You will feel good about what you have done for yourself and your baby.



Commonly Asked Questions About Quitting While Pregnant:

Q: Don't some moms smoke during pregnancy and have healthy babies?

A: Every woman has a different and unique experience with her pregnancy, birth and baby. While no two experiences are alike, moms who smoke have a higher risk of health problems and complications for both herself and her baby. To read more, visit our page on smoking during pregnancy.

Q: How about cutting down on cigarettes rather than quitting for good?

A: Cutting back on the number of cigarettes smoked per day is a great accomplishment. A woman who has been able to cut back should continue focusing on what has motivated her so far so that she can keep going until she has quit altogether if that is her goal. If a pregnant woman cuts down or switches to low-tar cigarettes, she must be careful not to inhale more deeply or take more puffs to get the same amount of nicotine as before.

Q: What about other people smoking around the pregnant woman?

A: When other people, including a woman's partner, smokes near her during pregnancy, the second hand smoke gets through to the baby. The effects on the baby are similar to if she were to smoke herself. When a partner smokes, it can also make it much more difficult for the pregnant woman to quit and stay quit. A pregnant woman can ask her partner and other friends and family not to smoke near her.

Second Hand Smoke

In the United States, 88 million children and adults who do not smoke are exposed to other people's smoke. Almost 32 million children and adolescents aged 3–19 years, or about half of children in this age group, are exposed to other people's cigarette smoke. Home and vehicles are the places where children are most exposed to cigarette smoke, and a major location of smoke exposure for adults too.



Do You Know About Third Hand Smoke?

Thirdhand smoke is generally considered to be residual nicotine and other chemicals left on a variety of indoor surfaces by tobacco smoke. Studies show that thirdhand smoke clings to hair, skin, clothes, furniture, drapes, walls, bedding, carpets, dust, vehicles and other surfaces, even long after smoking has stopped. Infants, children and nonsmoking adults may be at risk of tobacco-related health problems when they inhale, ingest or touch substances containing thirdhand smoke. The only way to protect nonsmokers from thirdhand smoke is to create a smoke-free environment.