

Secondhand smoke puts your baby at a higher risk of dying from sudden infant death syndrome (SIDS).

Never let anyone smoke around your baby – not even you.

If you're pregnant or have a baby and you smoke – contact NDQuits.

We'll help you quit.

**ND
QUITS**

www.ndhealth.gov/ndquits
1.800.QUIT.NOW

Scan this code with your mobile device to visit the NDQuits website.



For more information about SIDS, go to www.ndhealth.gov/sids/.