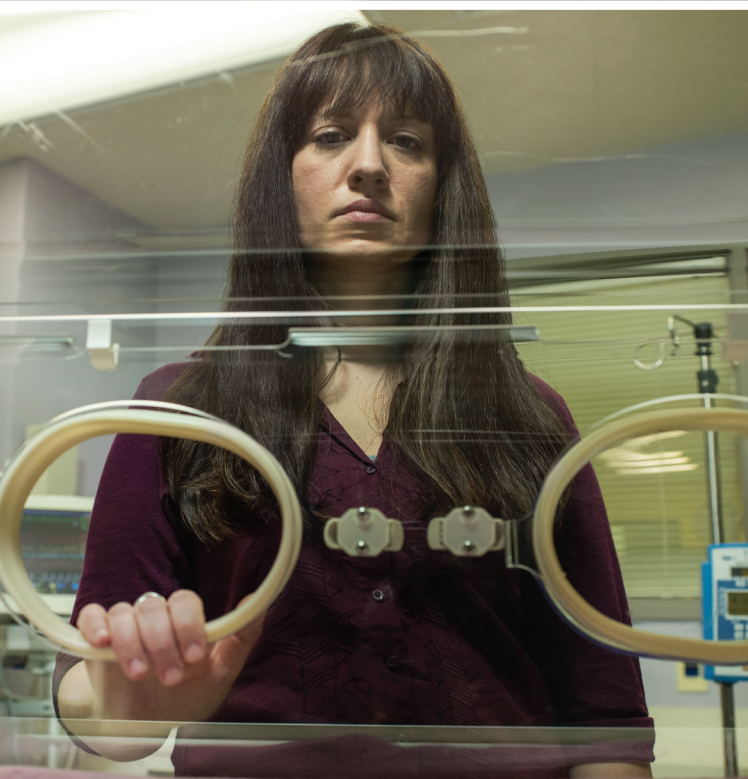


A TIP FROM A
**FORMER
SMOKER**

TM

**Mi maanda aah'man, kwe
genji sagaaswaasik pii
biinoojiinhs wiin daatzid.**

Amanda, age 30, Wisconsin



*Amanda smoked while she was pregnant.
Her baby was born 2 months early and weighed
only 3 pounds. She was put in an incubator and
fed through a tube. Amanda could only hold her
twice a day. If you're pregnant or thinking about
having a baby and you smoke, please call*

1-800-QUIT-NOW.



**U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
[CDC.gov/tips](https://www.cdc.gov/tips)**

#CDCTips