



## Help to stop smoking when you are pregnant

	<p><b>Why is stopping smoking when pregnant important?</b></p> <p>Protecting your baby from smoking is one of the best things you can do.</p>
	<p>This is to make sure your baby starts life healthy.</p>
	<p>Cigarettes contains lots of harmful chemicals.</p>
	<p>One of these is called carbon monoxide.</p>
	<p>This limits the oxygen to your baby and makes their heart have to work harder.</p>

	<p>There are many risks of smoking to your baby and to you.</p>
	<p><b>How we can help you</b></p> <p>We can help you to stop smoking.</p>
	<p>It is best to stop smoking before week 15 of your pregnancy.</p>
	<p>But stopping at any time has its benefits.</p>
 	<p>Call our Healthy Pregnancy advisors on <b>01209 615 600</b></p> <p>or email</p> <p><b><a href="mailto:healthy.cornwall@cornwall.gov.uk">healthy.cornwall@cornwall.gov.uk</a></b></p>
	<p>You are more likely to stop smoking with our help.</p>

	<h3>What support can we offer</h3>
	<ul style="list-style-type: none"><li>• Nicotine replacement therapy</li><li>• E-cigarettes</li></ul>
	<ul style="list-style-type: none"><li>• Carbon monoxide testing in your home</li></ul>
	<ul style="list-style-type: none"><li>• Support to your partner and other family members to stop smoking.</li></ul>
	<p>Being around other people who smoke can damage your baby.</p>
	

Easy read made by the CHAMPs Team,

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