

Pregnant smokers are more likely to lose their babies or go into labor too early and have complications with delivery.



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**Quitting smoking, chewing
or dipping is one of the
best things that you can do
for your health and the
health of your baby.**

To our people tobacco is sacred, and so is our future...

Coharie Tribe
Eastern Cherokee
Haliwa-Saponi Indian Tribe
Lumbee Tribe of North Carolina
Meherrin Indian Tribe
Occaneechi Band of Saponi Nation
Sappony
Waccamaw Siouan Tribe



QuitlineNC.com

1-800-QUIT-NOW