

Free help when you want to stop smoking or using snuff

Tobacco contains many harmful substances that put you and your unborn baby at risk. It's never too late to stop smoking or using snuff. As soon as you stop using tobacco, you reduce the risks to you and your child.

You can get help here:

- Your local health centre
- Stop Smoking Line, call 020 84 00 00
- The app Rökfri
- 1177.se

Your chances of success increase when you have support and help.

Please contact us!



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When others smoke in your vicinity, you inhale toxic substances

Anyone around a smoker will also inhale the toxic substances present in cigarette smoke. This is called **passive smoking**. Just like smoking yourself, passive smoking is dangerous. This is because cigarette smoke contains many harmful and carcinogenic substances.

Children are particularly sensitive, even while in the womb. If you are exposed to passive smoking while pregnant, the risk of your child suffering from allergies and asthma increases.

An infant who is exposed to passive smoking runs a greater risk of falling victim to sudden infant death syndrome. Children in smokey environments also have a greater risk of suffering from respiratory distress, ear inflammation and lung disease.

Smoke from water pipes is just as harmful as any other tobacco smoke. A completely smoke-free environment is best for your health.

Reduce the risk of passive smoking:

- Don't smoke near to children, or adults
- Change your clothes. The harmful substances in smoke cling to fabric

If you're breastfeeding

If you smoke or use snuff, your child will ingest the harmful substances through your breast milk. It is therefore easy to assume that it would be best not to breastfeed if you can't stop smoking. However, this is not the case. The nutrients and protection provided by a mother's milk are so valuable that it is better to continue breastfeeding – even if you smoke or use snuff.



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