


Breastfeeding Tobacco Education Social Media Campaign



Studies indicate that **smoking more than 10 cigarettes per day** decreases milk production and alters milk composition.

For free help to quit smoking or vaping, contact the Nevada Tobacco Quitline. Call 1-800-QUIT-NOW (1-800-786-8669) Text QUITNOW to 333888 Visit www.gethealthyclarkcounty.org



E-cigarettes carry many of the same risks as regular cigarettes and are not a better option for nursing mothers.

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Women are strongly encouraged to breastfeed but women who smoke are **more likely to have a lower milk supply.**

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Mothers who smoke tend to wean their babies from breastfeeding earlier than women who don't smoke.

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