

HFNY Safety Tips



Risks of Smoking and Vaping



Raises your baby's risk for birth defects, including cleft lip, cleft palate, or both.

Can have weaker lungs than other babies.

Are more likely to have lower birth weight or be born prematurely.

Are more likely to die from sudden infant death syndrome (SIDS).

Source: Centers for Disease Control and Prevention. (2019, February 25). Substance use during pregnancy. Centers for Disease Control and Prevention. Retrieved March 15, 2023

Centers for Disease Control and Prevention. (2020, April 28). Smoking during pregnancy. Centers for Disease Control and Prevention. Retrieved March 15, 2023. Centers for Disease Control and Prevention. (2022, November 1). Health problems caused by secondhand smoke. Centers for Disease Control and Prevention. Retrieved March 15, 2023

U.S. Department of Health and Human Services. (2021, April 12). What are the risks of smoking during pregnancy? National Institutes of Health. Retrieved March 15, 2023

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**Office of Children
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Healthy Families NY

What problems can secondhand and thirdhand smoking cause?

People who do not smoke who are exposed to secondhand and thirdhand smoke, even for a short time, can suffer harmful health effects.



Exposure to secondhand smoke interferes with the normal functioning of the heart, blood, and vascular system in ways that increase the risk of having a heart attack.



In children, secondhand smoke exposure can cause respiratory infections, ear infections, and asthma attacks.



Thirdhand smokes refers to the residue from tobacco smoke that clings to clothing, bags, skin, and hair. Children are particularly vulnerable to thirdhand smoke because of their immature immune systems.

Are e-cigarettes safer than regular cigarettes during pregnancy?



- Although the aerosol of e-cigarettes generally has fewer harmful substances than cigarette smoke, e-cigarettes and other products containing nicotine are not safe to use during pregnancy.
- Nicotine is a health danger for pregnant women and developing babies.
- Quitting can be hard. If you're pregnant, quitting all forms of tobacco products, including e-cigarettes is best for you and your baby.