



Professional support will quadruple your chances of giving up smoking successfully!

Get in touch with a healthcare professional.



You are about to become parents – use this opportunity to stop smoking!

- You will be able to give your child a healthier start in life.
- The risk of miscarriage and premature birth will be lower.
- The likelihood of a low birth weight will decrease.
- The risk of sudden infant death syndrome will be lower.

Take advantage of this opportunity



You are about to become parents – congratulations! Lots of women and men succeed in giving up smoking in this very exciting phase of life. Ensure that you also make full use of this opportunity. You won't be left unaided! Healthcare professionals will help you to break the smoking habit.

Did you know that, without cigarette smoke, your baby will immediately receive more essential oxygen through the placenta?

Every cigarette less makes a difference

For your own health, as well as that of your growing baby, it's best to stop smoking as soon as possible. That's because every cigarette smoked does harm – there's no safe limit!



Professional support has been proven to help



There are a variety of cessation aids that will help you to give up smoking successfully. Get professional support! This will increase your chance of giving up smoking successfully and give your child the best possible start in life.

You as a father also need to play your part in keeping the environment smoke-free

Passive smoke – even before birth – will also harm your baby! When you, as an expectant father, stop smoking, it will quickly enable your home to become a safer place for your baby. If relatives and friends are unable to desist from smoking, then they should not smoke in the presence of the expectant mother, i.e. in the home or car.



The sooner you manage to give up smoking, the more your child will benefit!

Accept the offers of help and quadruple your chances of giving up smoking successfully.

We will support you in your efforts to give up smoking during pregnancy!

Your doctor/pharmacist/midwife will be pleased to help you.

Quit Smoking Clinic

Universitätsspital Basel, Medizinische Poliklinik

Tel. 061 265 50 05

E-Mail: anmeldung.medpol@usb.ch

Quit smoking telephone support

Quit Smoking Helpline

- 0848 000 181 German/French/Italian
- 0848 183 183 Albanian
- 0848 184 184 Portuguese
- 0848 185 185 Spanish
- 0848 186 186 Serbian/Croatian/Bosnian
- 0848 187 187 Turkish
- 0848 189 189 Romansh

Or online, using the registration form:
www.at-schweiz.ch/de/anmeldeformular



Information on quit smoking options

Lungenliga beider Basel

Tel. 061 927 91 22 / E-Mail: info@llbb.ch

General Health Information / Ordering address

Gesundheitsdepartement Basel-Stadt, Medizinische Dienste, Prävention

Tel. 061 267 45 20 / E-Mail: md@bs.ch / Web: www.gesundheit.bs.ch