

# HIV, Pregnancy, and Tobacco Use

If you have HIV, smoking tobacco during pregnancy can increase the chance that HIV will be passed to your baby.

Quitting or cutting back on tobacco use will help your health and the health of your baby.

## Need Help?

Visit these websites:

**Expecting to Quit**  
([www.expectingtoquit.ca](http://www.expectingtoquit.ca))

**Pregnets**  
([www.pregnets.org](http://www.pregnets.org))

**PACT: Partnership to Assist  
with Cessation of Tobacco**  
([www.makeapact.ca](http://www.makeapact.ca))

**Saskatchewan  
Prevention Institute**  
([www.skprevention.ca](http://www.skprevention.ca))

saskatchewan  
**preventioninstitute**  
our goal is **healthy** children