HIV, Pregnancy, and Tobacco Use

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

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Tobacco use during pregnancy is harmful for both a mother and her baby.
If you smoke or vape during pregnancy, there is an increased chance of preterm birth, low birth weight, miscarriage, and stillbirth.

If you have HIV, smoking or vaping tobacco during pregnancy can increase the chance that HIV will be passed to your baby – even if you are taking your HIV medications and have a low viral load.

What can you do?

Quit smoking or vaping tobacco if you can. If you are having a hard time quitting, cutting down on how much you smoke or vape can help your health and the health of your baby. Talk to your healthcare provider or visit one of the resources below.

Traditional Tobacco Use

The information on this card is about commercial tobacco use, like cigarettes and vapes, not traditional or ceremonial tobacco. Traditional tobacco use (e.g., used in ceremonies and prayers) is sacred in many Indigenous cultures and is different from commercial tobacco use or addiction. Talk Tobacco (below) offers culturally safe support and care designed for Indigenous communities.

Smokers' Helpline (www.smokershelpline.ca)

A free, confidential, 24/7 resource for becoming smoke and vape-free.

Talk Tobacco – Indigenous Quit Smoking and Vaping (www.talktobacco.ca)

A free, confidential program offering culturally appropriate support and information about quitting smoking, vaping, and commercial tobacco use for First Nations, Inuit, Métis, and urban Indigenous communities.

Saskatchewan Prevention Institute (www.skprevention.ca)

Information and resources on tobacco use and pregnancy, as well as HIV and pregnancy. For more information, type **HIV and pregnancy** in the search bar on the website.

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The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, and the homeland of the Métis. The Saskatchewan Prevention Institute is dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people.