

**A TIP ABOUT
SECONDHAND
SMOKE**

TM

**IF YOU WANT A
SINGING CAREER,
STAY AWAY FROM
SECONDHAND SMOKE.**

Ellie, Age 57
Her partner, Karen
Florida

Ellie's severe asthma attacks were triggered by secondhand smoke at work. She and her partner have to live with its effects forever. If you or someone you know wants free help to quit smoking, call **1-800-QUIT-NOW**.

#CDCTips



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
[CDC.gov/tips](https://www.cdc.gov/tips)