

A TIP ABOUT
SECONDHAND
SMOKE

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***NO ONE
CHOOSES
TO TAKE UP
SECONDHAND
SMOKING.***

Nathan, Age 54
Oglala Sioux
Idaho

Secondhand smoke at work triggered Nathan's severe asthma attacks and caused infections and lung damage. 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)