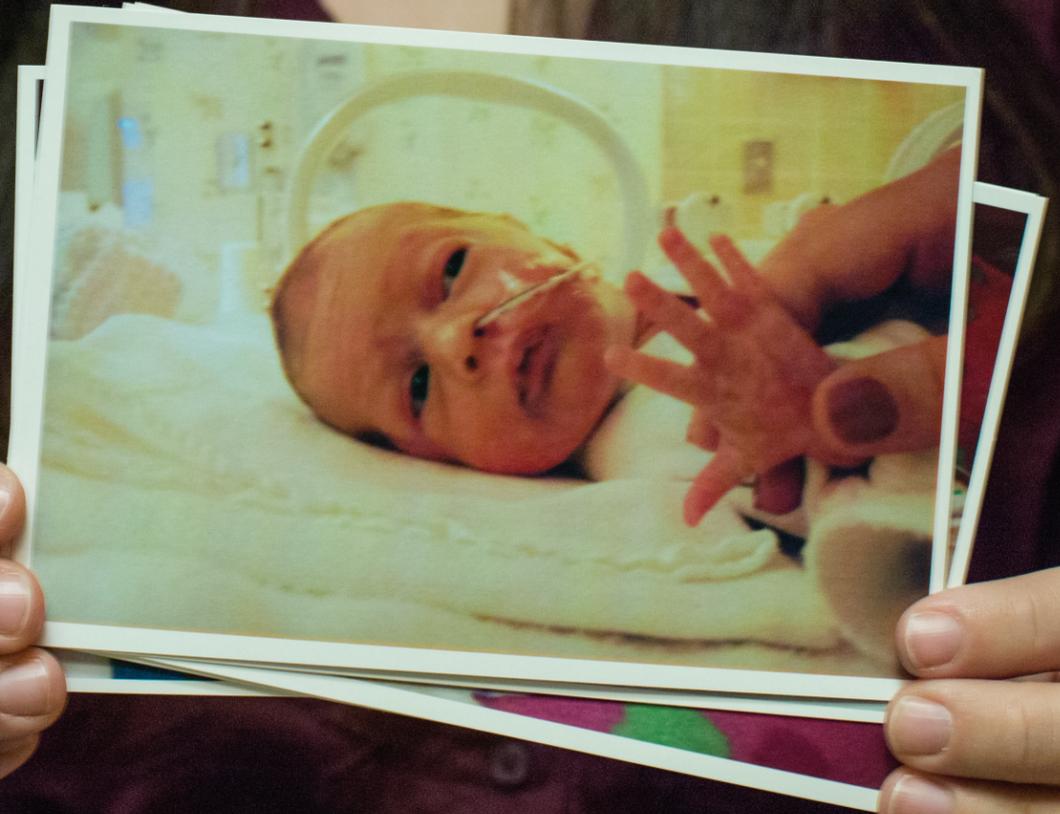


A TIP FROM A  
**FORMER  
SMOKER**



**“I never thought smoking would do this.”**

*Amanda, age 30  
Baby born two months early at 3 pounds.  
Wisconsin*



**YOU CAN QUIT.  
TALK WITH YOUR  
HEALTH CARE TEAM  
FOR HELP.**



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

#CDCTips