

A TIP FROM A
**FORMER
SMOKER**

**When you have
to get a needle
stuck in your eye,
look as far away
as possible.**

Marlene, age 68, New York

***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)

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