

A TIP FROM A
**FORMER
SMOKER**

**I started
using e-cigarettes
but kept smoking.
Right up until
my lung collapsed.**

Kristy, age 35, Tennessee

Kristy had smoker's cough and severe shortness of breath. She tried using e-cigarettes to cut down on her smoking. She thought cutting down would make her feel better, but it didn't. She kept smoking cigarettes until her lung collapsed.

**Even smoking a few cigarettes
a day is dangerous.**

You can quit smoking.

CALL 1-800-QUIT-NOW.



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

#CDCTips

