

# LIVE ANNOUNCER READS

*Tips From Former Smokers®* campaign

**:10** – Smoking causes immediate damage to your body. You can quit. If you or someone you know wants free help, visit [c-d-c-dot-gov-slash-tips](https://c-d-c-dot-gov-slash-tips) or call 1-800 QUIT NOW.

**:15** – Everyone knows that smoking can kill people. But did you know that for every person who dies from smoking, at least 30 suffer from one or more serious illnesses caused by smoking? You can quit. If you or someone you know wants free help, visit [c-d-c-dot-gov-slash-tips](https://c-d-c-dot-gov-slash-tips) or call 1-800 QUIT NOW.

**:20** – Smoking causes immediate damage to your body which can lead to cancer, heart disease, stroke, asthma, and respiratory diseases such as emphysema and chronic bronchitis. If you've tried to quit before and it didn't work, please try again. If you or someone you know wants free help, visit [c-d-c-dot-gov-slash-tips](https://c-d-c-dot-gov-slash-tips) or call 1-800 QUIT NOW.



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention