

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 to quit smoking, visit 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 live with one or more serious smoking-related illnesses? You can quit. If you or someone you know wants free help to quit smoking, visit 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 serious health conditions like cancer, heart disease, stroke, asthma, emphysema, and chronic bronchitis. Quitting smoking can be hard. If you or someone you know wants free help, visit 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