

**A TIP ABOUT  
SECONDHAND  
SMOKE**

***IF YOU WANT A  
SINGING CAREER,  
STAY AWAY FROM  
SECONDHAND SMOKE.***

Ellie, Age 57  
Her partner, Karen  
Florida

Ellie's severe asthma attacks were triggered by secondhand smoke at work. She and her partner have to live with its effects forever. If you or someone you know wants free help to quit smoking, call **1-800-QUIT-NOW**.

#CDCTips



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