

## Tips From Former Smokers – Kristy

*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

[Kristy] I'm Kristy. I used to smoke cigarettes. I had smoker's cough and severe shortness of breath. And I *knew* I had to quit.

Then I tried e-cigarettes, but – I just ended up using both.

I really didn't start to get better until I quit smoking completely.

My tip to you is: just cutting down on the number of cigarettes you smoke isn't enough.

[Announcer] Smoking even a few cigarettes a day is dangerous. You can quit. For free help, call 1-800-QUIT-NOW. A message from the Centers for Disease Control and Prevention.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*