

## **CDC: Tips from Former Smokers - Jessica (:30)**

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

[Jessica] My son, Aden, has asthma. Secondhand smoke has triggered his asthma so badly he ended up in the emergency room. And spent multiple nights in intensive care. Now he's on a whole bunch of medications. My tip to you is: Don't be shy about telling people not to smoke around your kids.

[Announcer] Half of US kids are exposed to secondhand smoke. If you or someone you know wants help, call 1-800-QUIT-NOW.

A message from the US Department of Health and Human Services and CDC.

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