

A TIP FROM A
**FORMER
SMOKER**

FIGURE OUT HOW TO TELL YOUR GRANDKIDS YOU WON'T BE AROUND ANYMORE.

Michael, Age 57
Alaska



Smoking gave Michael COPD, a disease that makes it harder and harder to breathe and can cause death. You can quit. For free help, call **1-800-QUIT-NOW**.

#CDCTips



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