

**A TIP ABOUT  
SECONDHAND  
SMOKE**

TM

***NEE-MEE-CHYUUE'  
SKEY-WOK KEE  
'WE-SEW KUE ROO-WOS  
UE-ME-RAAS.***

**Nathan, Age 54  
Oglala Sioux  
Idaho**

Secondhand smoke at work triggered Nathan's severe asthma attacks and caused infections and lung damage. 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  
[CDC.gov/tips](https://www.cdc.gov/tips)**