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## 2012 – Shane’s Tip (:30)

### A TIP FROM A FORMER SMOKER

#### Shane’s Voice:

Hi, my name’s Shane. I thought it would be helpful to give you some tips to deal with life after you get a tracheotomy from smoking. Like, when you have a hole in your throat, don’t face the showerhead. Water can go right into your lungs. Also, cut all your food smaller than a dime. And remember, CPR isn’t mouth to mouth. It’s mouth-to-stoma.

#### Announcer:

Smoking causes immediate damage to your body.

YOU CAN QUIT, for free help, call 1-800-QUIT-NOW.

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