

# Quit SMOKING

It's never too late to quit. Quitting smoking is the best thing you can do to improve and protect your health.

When you quit smoking you reduce the risk of life-threatening health problems, including cancer, lung damage and heart disease.

**You'll feel the benefits almost straight away.**



**In 12 hours** – excess carbon monoxide is out of your blood, your heart rate slows and your blood pressure becomes more stable.



**In 5 days** – most nicotine is out of your body.



**In 1 week** – your sense of taste and smell improves.



**In 12 weeks** – your lungs regain the ability to clean themselves.



**In 3 months** – your lung function begins to improve.



**In 1 year** – your risk of heart disease has halved.

## Did you know?

**By quitting, a pack-a-day smoker will save around \$10,000 in 1 year!**

## Need help?

It's hard to stop, but with the right help and support, you can quit smoking.

**NSW Quitline** – Call 13 7848 (13 QUIT)

**iCanQuit** – Visit [iCanQuit.com.au](http://iCanQuit.com.au)

**My QuitBuddy** – Visit [quitnow.gov.au](http://quitnow.gov.au)

**Quit Coach** – Visit [quitcoach.org.au](http://quitcoach.org.au)

For more information visit [gethealthyatwork.com.au](http://gethealthyatwork.com.au)

