

# STOP SMOKING START REPAIRING

## In 1 week

your sense of taste  
and smell improves

## In 1 month

skin appearance is  
likely to improve

## In 3 months

your lung function  
begins to improve

## In 5 days

most nicotine is  
out of your body

## In 12 hours

excess carbon  
monoxide is out  
of your blood

## In 12 months

your risk of heart  
disease has halved

## In 1 year

a pack-a-day  
smoker will  
save over  
\$8,300

## Today

quit before  
getting pregnant  
and your risk  
of having a  
pre-term baby  
is reduced  
to that of a  
non-smoker

EVERY CIGARETTE YOU **DON'T** SMOKE  
IS DOING YOU GOOD

Quitline 13 7848  
[australia.gov.au/quitnow](http://australia.gov.au/quitnow)



Quit Now:  
My QuitBuddy



Australian Government