

STOP SMOKING START REPAIRING

In 1 week

your sense of taste
and smell improves

In 3 months

your lung function
begins to improve

In 12 hours

excess carbon
monoxide is
out of your
blood

In 1 year

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

In 12 weeks

your lungs regain the
ability to clean themselves

In 12 months

your risk of heart
disease has halved

In 5 days

most nicotine
is out of your
body

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

Quitline 13 7848
australia.gov.au/quitnow

 Quit Now:
My QuitBuddy


Australian Government