

STOP SMOKING START REPAIRING

In 1 week

your sense of taste
and smell improves

In 5 years

your risk of a stroke has
dramatically decreased

In 3 months

your lung function
has increased 30%

In 12 weeks

your lungs regain the
ability to clean themselves

In 8 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
\$4,000

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



Australian Government