

STOP SMOKING START REPAIRING

In 1 week

your sense of taste
and smell improves

In 1 month

better blood flow is
improving your skin

In 3 months

your lung function
begins to improve

In 5 days

most nicotine is
out of your body

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 9 months

your risk of
pregnancy
complications
is the same
as a non-smoker

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

Quitline 13 7848
australia.gov.au/quitnow



Australian Government