

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
\$13,500

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
health.gov.au/quitnow



Quit Now:
My QuitBuddy



Australian Government