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STOP SMOKING START REPAIRING

In 1 week
your sense of taste
and smell improves

In 3 months
your lung function
begins to improve

In 8 hours
excess carbon
monoxide is out
of your body

In 1 year
a pack-a-day
smoker will
save over
\$4,000

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



Australian Government

Authorised by the Australian Government, Capital Hill, Canberra