

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

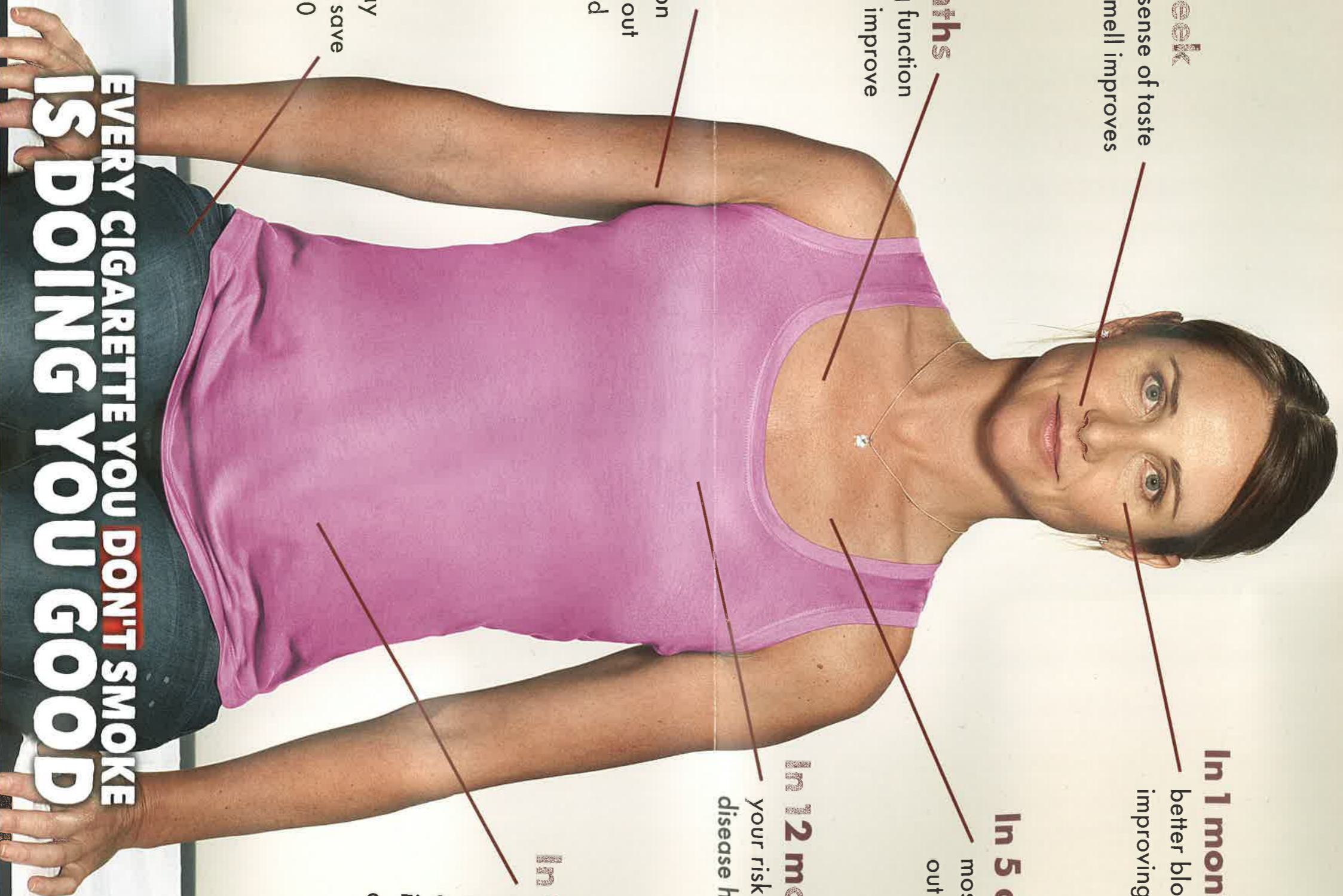
In 5 days
most nicotine is
out of your body

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

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Australian Government

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