

HEALTH BENEFITS

PRINT: FEMALE

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
\$8,300

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
australia.gov.au/quitnow

 Quit Now:
My QuitBuddy


Australian Government