

HEALTH BENEFITS

PRINT: MALE



STOP SMOKING START REPAIRING

In 1 week
your sense of taste
and smell improves

In 12 weeks
your lungs regain the
ability to clean themselves

In 3 months
your lung function
begins to improve

In 12 months
your risk of heart
disease has halved

In 12 hours
excess carbon
monoxide is
out of your
blood

In 5 days
most nicotine
is out of your
body

In 1 year
a pack-a-day
smoker will
save over
\$8,300

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

Quitline 13 7848
australia.gov.au/quitnow

Quit Now:
My QuitBuddy


Australian Government