

# If you won't quit smoking for yourself, quit for your family.



Smoking doesn't just reduce your quality of life. It also cuts lives short. But if you stop smoking now you'll have a healthier life, and probably live much longer. Which means you can spend more time with your family.

To find out more about the benefits of quitting smoking call the Quitline on 13 7848 or go to [www.australia.gov.au/quitnow](http://www.australia.gov.au/quitnow)

**Quitline 13 7848**  
EVERY CIGARETTE YOU **DON'T** SMOKE  
IS DOING YOU GOOD

## Smoking kills your future.



Australian Government

# 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 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

**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 137848**  
[australia.gov.au/quitnow](http://australia.gov.au/quitnow)



Australian Government

# 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 blood

**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](http://australia.gov.au/quitnow)



Australian Government