

ПРЕСТАНЕТЕ ДА ПУШИТЕ И ЗАПОЧНЕТЕ ДА ЗАЗДРАВУВАТЕ

За 1 недела

ќе ви се подобри
сетилото за вкус
и мирис

За три месеци

вашите бели дробови
ќе започнат подобро
да функционираат

За 8 часа

вашето тело ќе
се ослободи
од вишокот на
јаглен моноксид

За 1 година

пушач кој пуши
една кутија
цигари дневно
ќе заштеди над
\$4000

За 12 недели

вашите бели дробови
ќе си ја повратат
способноста да се чистат
самите

За 12 месеци

ризикот да заболите
од срцева болест ќе
се преполови

За 5 дена

вашето тело ќе
се ослободи од
најголемиот дел
од никотинот

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

Quitline 13 7848

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
has increased 30%

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

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