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# STOP SMOKING START REPAIRING

## In 1 week

your sense of taste  
and smell improves

## In 5 years

your risk of a stroke has  
dramatically decreased

## In 3 months

your lung function  
begins to improve

## In 12 weeks

your lungs regain the  
ability to clean themselves

## 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 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



Australian Government

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