

# STOP SMOKING START REPAIRING

## In 1 week

your sense of taste  
and smell improves

## In 3 months

your lung function  
begins to improve

## In 12 hours

excess carbon  
monoxide is  
out of your  
blood

## In 1 year

a pack-a-day  
smoker will  
save over  
\$10,500

## 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**  
health.gov.au/quitnow



Quit Now:  
My QuitBuddy



Australian Government