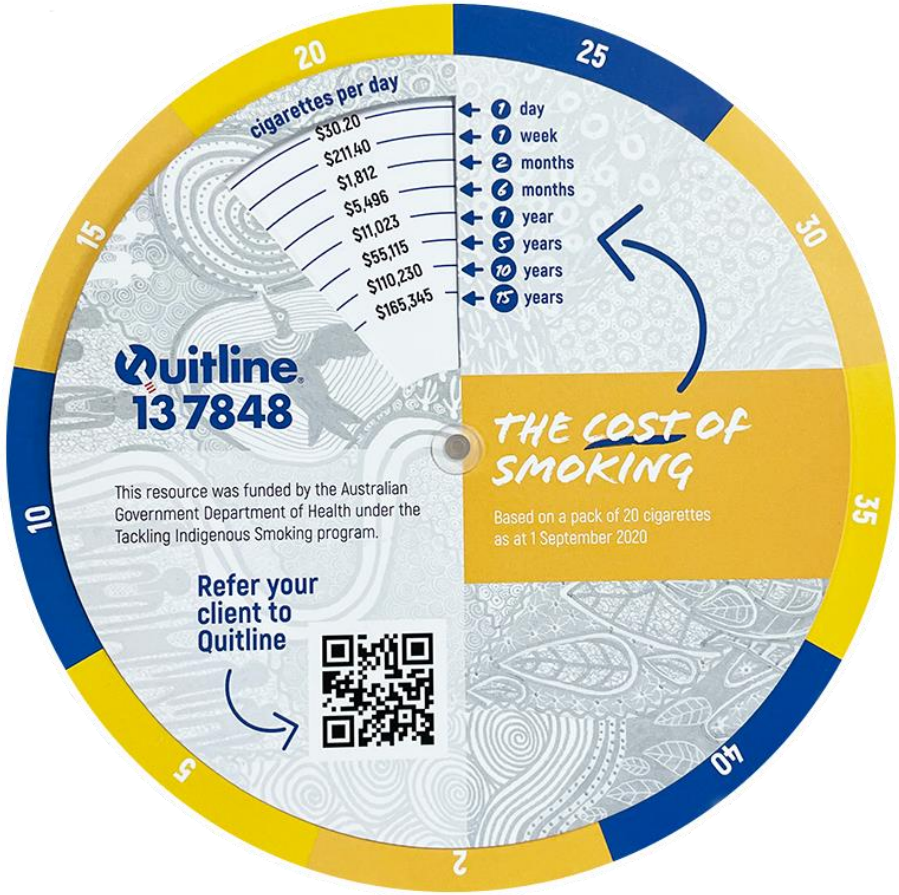
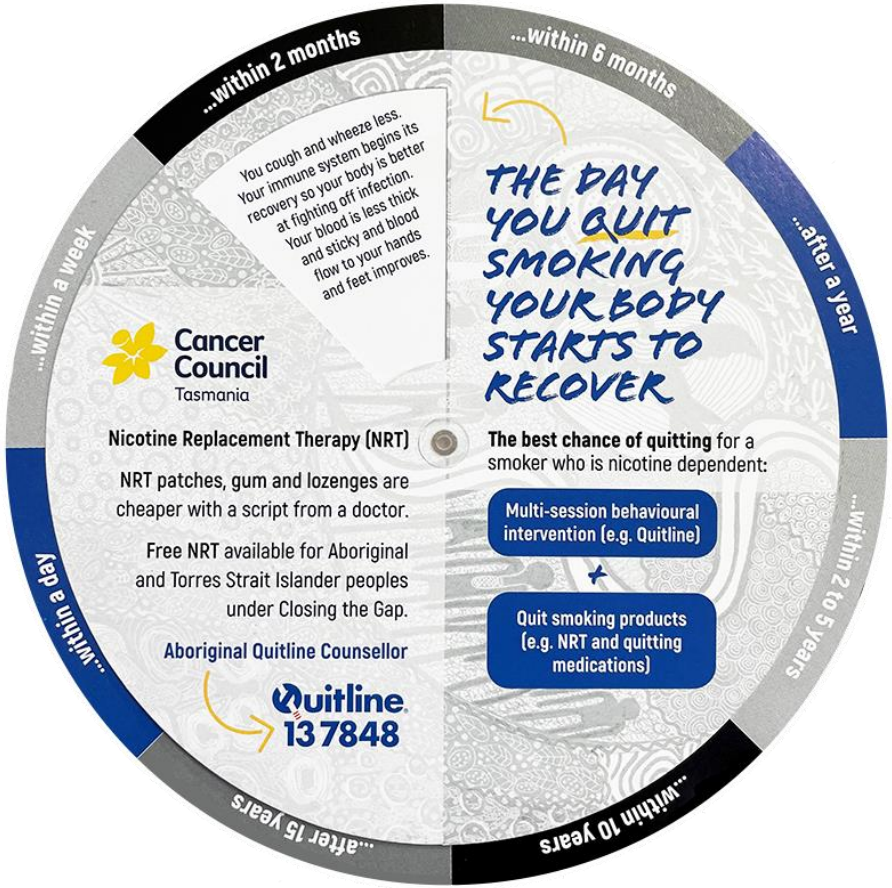

20
25
30
35
40
2
5
10
15
cigarettes per day
$30.20
$211.40
$1,812
$5,496
$11,023
$55,115
$110,230
$165,345
1 day
1 week
2 months
6 months
1 year
5 years
10 years
15 years
Quitline
137848
This resource was funded by the Australian Government Department of Health under the Tackling Indigenous Smoking program.
Refer your client to Quitline
THE COST OF SMOKING
Based on a pack of 20 cigarettes as at 1 September 2020


...within 2 months
...within 6 months
...after a year
...within 2 to 5 years
...within 10 years
...after 15 years
...within a day
...within a week
You cough and wheeze less. Your immune system begins its recovery so your body is better at fighting off infection. Your blood is less thick and sticky and blood flow to your hands and feet improves.
Cancer Council Tasmania
Nicotine Replacement Therapy (NRT)
NRT patches, gum and lozenges are cheaper with a script from a doctor.
Free NRT available for Aboriginal and Torres Strait Islander peoples under Closing the Gap.
Aboriginal Quitline Counsellor
Quitline
137848
THE DAY YOU QUIT SMOKING YOUR BODY STARTS TO RECOVER
The best chance of quitting for a smoker who is nicotine dependent:
Multi-session behavioural intervention (e.g. Quitline)
+
Quit smoking products (e.g. NRT and quitting medications)