

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 12
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
\$13,500

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



Quit Now:
My QuitBuddy

Quitline 13 7848
quittas.org.au

QuitCoach
quitcoach.org.au

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and smell improves

In 12 weeks
your lungs regain the
ability to clean themselves

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Quit for Cash



A month's bus travel



A new smartphone



Six months' rent



Concert tickets



A relaxing holiday



Enrol in a course



Shopping



A year's gym membership



A second hand car

**What else could you spend
your smoke money on?**

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