

Keep at quitting the smokes.

IN 1 WEEK

your sense of taste
and smell improves

IN 2 MONTHS

you will cough
and wheeze less

IN 3 MONTHS

your lungs
will start to
work better

IN 12 MONTHS

your risk of
heart disease
has halved

IN 24 HOURS

your blood
contains less
carbon monoxide

IN 5 DAYS

most of
the nicotine
is out of
your body

IN 1 YEAR

you could save
thousands
of dollars

Your body starts to fix itself as soon as you quit.

For help and support:



health.gov.au/GiveUpForGood



Australian Government
Department of Health
and Aged Care

**GIVE UP
FOR GOOD**