

Keep at quitting the smokes.

IN 1 WEEK

your sense of taste
and smell improves

IN 1 MONTH

your skin will
probably look better

IN 3 MONTHS

your lungs
will start to
work better

IN 5 DAYS

most of the nicotine
is out of your body

IN 24 HOURS

your blood
contains less
carbon monoxide

IN 12 MONTHS

your risk of heart
disease has halved

IN 1 YEAR

you could save
thousands
of dollars

TODAY

quitting before
or early on in
pregnancy is
best, but quitting
at any time gives
bub a better
chance of a
healthy start

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**