



Australian Government
Department of Health
and Aged Care

**GIVE UP
FOR GOOD**

Give up smoking for good

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

In 24 hours: your blood contains less carbon monoxide

In 5 days: most of the nicotine is out of your body

In 1 week: your sense of taste and smell improves

In 1 month: your skin appearance is likely to improve

In 3 months: your lung function starts to improve

In 12 months: your risk of heart disease has halved

In 1 year: you could save thousands of dollars



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

Talk to a health professional and get free tools and support



health.gov.au/GiveUpForGood

Quitline
13 7848