Give up smoking for good

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 2 months: you will cough and wheeze less

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

My QuitBuddy

health.gov.au/GiveUpForGood

Quitline
13 7848