

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 5 DAYS

most of the nicotine
is out of your body

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

TODAY

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

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**