SMOKING CAUSES BLINDNESS

WARNING
The toxic chemicals in tobacco smoke can damage your body’s cells and attack your immune system.

Brand
Variant
STOP SMOKING
START REPAIRING

In 1 week
your sense of taste and smell improves

In 5 years
your risk of a stroke has dramatically decreased

In 3 months
your lung function has increased 30%

In 12 weeks
your lungs regain the ability to clean themselves

In 8 hours
excess carbon monoxide is out of your blood

In 12 months
your risk of heart disease has halved

In 1 year
a pack-a-day smoker will save over $4,000

In 5 days
most nicotine is out of your body

EVERY CIGARETTE YOU DON'T SMOKE IS DOING YOU GOOD

Quitline 13 7848
australia.gov.au/quitnow