

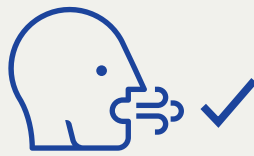
# The sooner you quit, the better for you and your health



## BENEFITS OF QUITTING



STRAIGHT AWAY



Fresher breath,  
hair, clothes



STRAIGHT AWAY



More money



20 MINUTES



Blood pressure and heart rate  
return to normal



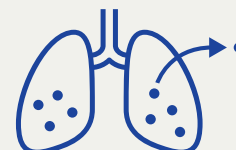
8 HOURS



Oxygen level in blood returns to normal



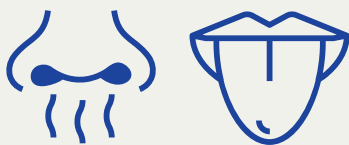
24 HOURS



Carbon monoxide gone from body  
Lungs start to clear



2 DAYS



Taste and smell improve



3 DAYS



Fitter, less breathless



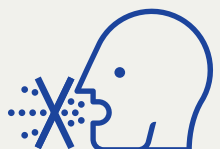
12 WEEKS



Circulation improves



9 MONTHS



Cough and wheeze improve  
Risk of lung infections is lowered



1 YEAR



Risk of heart attack halved

## IT IS NEVER TOO LATE TO QUIT

### Top Tip:

Think positive. Withdrawal symptoms like coughing, being irritable and sleep disturbance are positive signs that your body is recovering from the effects of smoking.

You can quit, and we can help

HSE Quitline Freephone 1800 201 203 | TEXT QUIT to 50100

[www.quit.ie](http://www.quit.ie)