

The benefits of quitting happens within minutes.

20 minutes

Blood pressure, heart rate return to normal.

8 Hours

O² level returns to normal; nicotine and CO levels reduced by half.

24 Hours

CO is eliminated from body: lungs begin to eliminate mucus and debris.

48 Hours

Nicotine eliminated from body; taste and smell improve.

72 Hours

Breathing is easier; bronchial tubes relax; energy levels increase.

2-12 Weeks

Circulation improves.

3-9 Months

Lung function increases up to 10%; coughing, wheezing, breathing problems reduced.

1 Year

Heart attack risk decreased by 50%.

10 Years

Lung cancer risk decreased by 50%.

10 Years

Heart attack risk same as for someone who never smoked.

Need Help Quitting? Call the NJ Quitline

NEW JERSEY
QUITLINE
1-866-NJ-STOPS
free telephone counseling
njquitline.org

Tobacco-Free
FOR A HEALTHY NEW JERSEY



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