

The Benefits of Quitting

Heart Attack

chances decrease and all nicotine will have left the body.

48 Hours

Lungs

become healthier, allowing you to breathe more easily.

3-9 Months

Stroke Risks

return to that of a person who doesn't smoke/vape.

5 Years

20 Minutes

Blood Pressure

drops back to normal.

3 Weeks

Lung Function

and circulation increases because mucus in the lungs loosens.

1 Year

Heart Attack

chances will have dropped in half.

10 Years

Lung Cancer

risks will have returned to that of a person who doesn't smoke/vape.

Talk to your doctor to get help with quitting.

FREE Quit Support:

- Visit www.smokefree.gov
- Pregnant people: for helpful text messages, text MOM to 222888
- Liv App, a free app of resources for pregnant people
- Text READY to 34191
- Log into equitnow.com



Healthy Changes

Some people think that it will take years of not smoking/vaping to show improvements in their health. This is not true. **Health benefits begin in less than one hour of quitting.**

Retrain Your Brain

When you quit smoking/vaping, you are breaking the addiction to nicotine and re-training the brain to not crave nicotine.

LEARN MORE

Tips for
Quitting
Smoking

