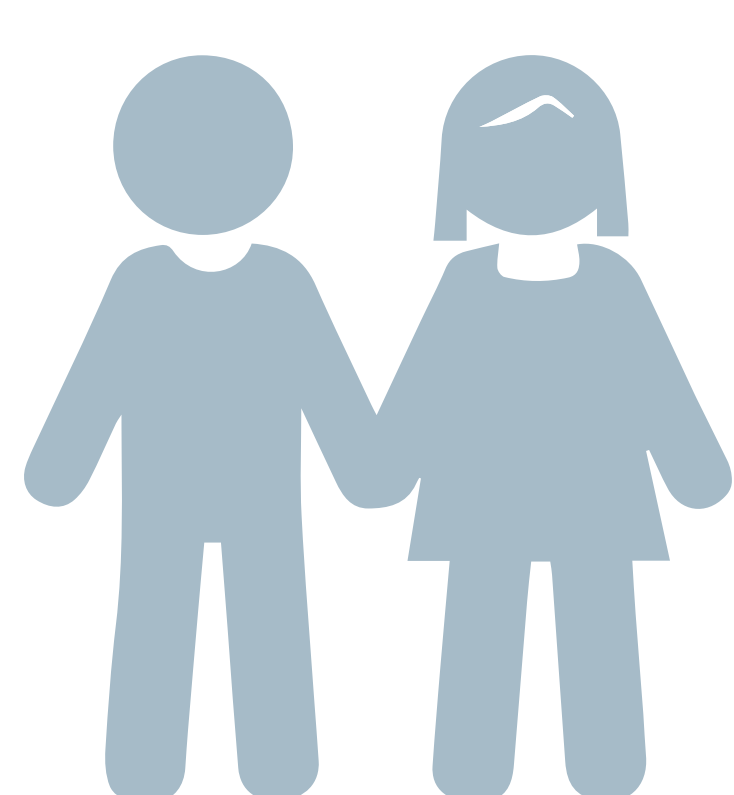
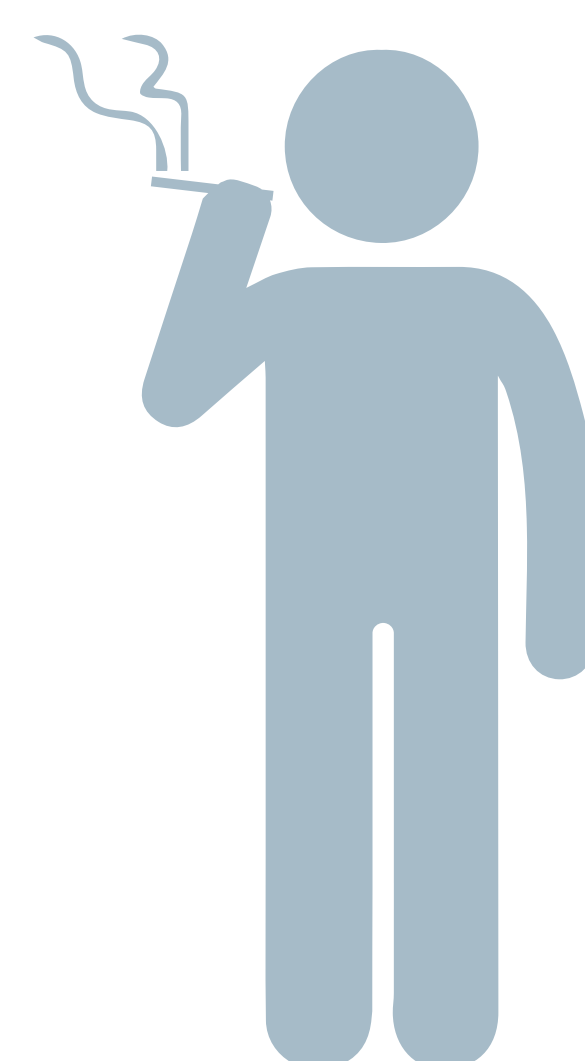


You can quit with help

73% of children worry their parents will die because they smoke.



Passive smoking increases their risk of cot death, asthma, allergies and chest infections.



Smokers are nearly **5 times** more likely to have wrinkles as non-smokers.

Babies of smokers are more likely to be premature, which can lead to problems with their breathing, feeding and health.



Babies whose parents smoke are more likely to be admitted to hospital for bronchitis and pneumonia in their first year of life.

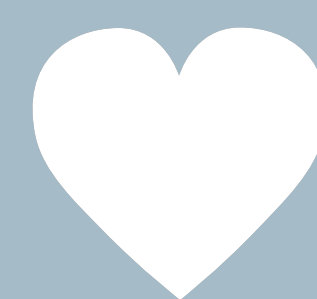
Compared with non-smokers, smokers have a **2 to 3 times higher risk** of developing psoriasis.



After **20 minutes** of quitting, blood pressure and pulse return to normal. Circulation improves - especially in hands and feet.



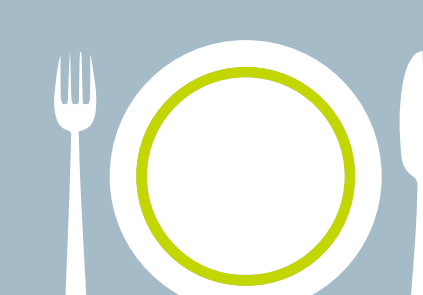
After **8 hours** of quitting, a person's blood oxygen levels return to normal and the chance of heart attack falls.



After **24 hours**, carbon monoxide leaves the body. Lungs start to clear out mucus and debris.



After **40 hours** of quitting, the body is nicotine free, sense of taste and smell are improved.



After **72 hours**, breathing is easier and energy levels are up.



1 - 12 Weeks

after quitting, circulation has improved throughout the body and it is easier to walk and exercise.

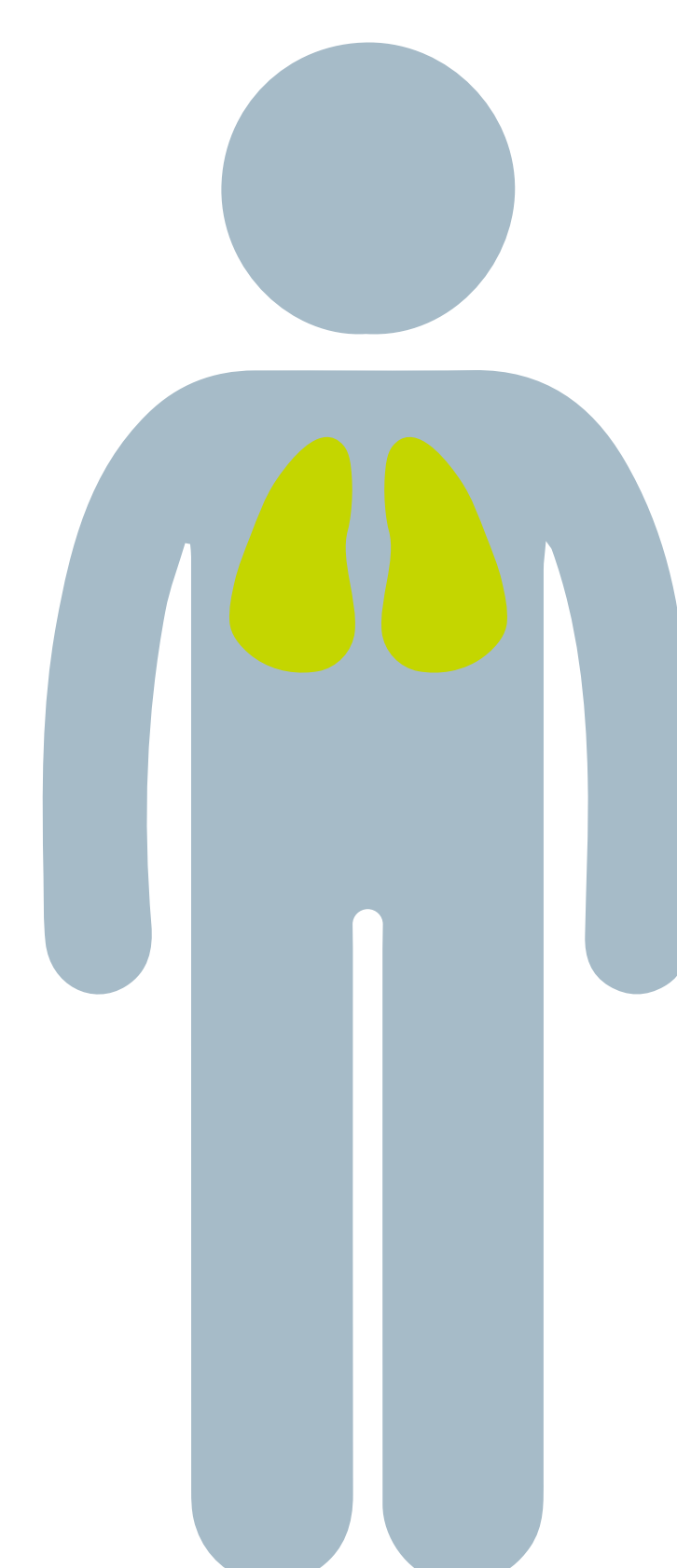


Lung efficiency is up by **5 - 10%** 3 - 8 months after quitting. Breathing problems are lower and coughing, shortness of breath and wheezing should have cleared completely.



After **5 years** of quitting, a person has only half the chance of a heart attack compared to a smoker.

After **10 years**, the chance of getting lung cancer is now half that of a smoker. Chances of having a heart attack are now the same as someone who's never smoked.



Non-smoker



Smoker