
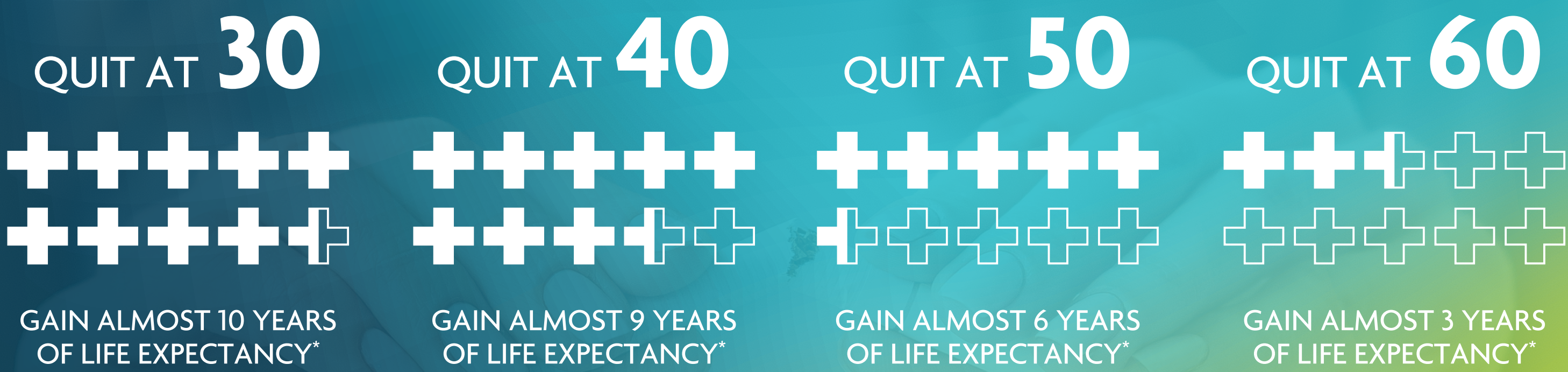


Quit Smoking,
Live Long
Call  Quitline 13 7848



**THERE ARE HUGE BENEFITS
TO QUITTING SMOKING**



*Compared to if you continued to smoke

Are you ready to quit?

Ask your health professional or physiotherapist how.

1300 367 519



Effects of Quitting Smoking

Call  **Quitline 13 7848**



QUITTING SMOKING HAS IMMEDIATE HEALTH BENEFITS

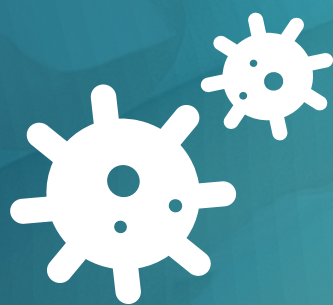
20 MINUTES
HEART RATE AND
BLOOD PRESSURE DROP



1 WEEK
TASTE AND
SMELL IMPROVE



2 MONTHS
IMPROVED IMMUNE
SYSTEM AND REDUCED
RESPIRATORY
INFECTIONS



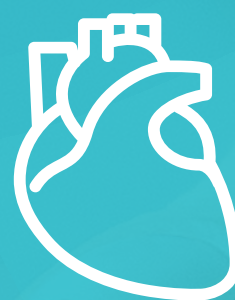
1 YEAR
RISK OF
CORONARY HEART
DISEASES HALVES



12 HOURS
CARBON MONOXIDE
LEVELS IN YOUR BLOOD
RETURN TO NORMAL



2-12 WEEKS
BLOOD CIRCULATION
AND LUNG
FUNCTION IMPROVE



1-9 MONTHS
COUGHING AND
SHORTNESS OF
BREATH DECREASE



5-10 YEARS
STROKE RISK AND
LUNG CANCER
RISKS HALVED



Are you ready to quit?

Ask your health professional or physiotherapist how.

1300 367 519


EmployHealth



Second-hand smoke **KILLS**

Call  **Quitline** 13 7848

**THERE IS NO SAFE LEVEL OF EXPOSURE
TO SECOND-HAND TOBACCO SMOKE**

THERE ARE MORE THAN
250 **HARMFUL**
CHEMICALS
RELEASED WHEN SMOKING



50 **CHEMICALS ARE**
KNOWN TO
CAUSE CANCER

Second hand smoke can cause the following in those around you;



**SUDDEN INFANT
DEATH SYNDROME**



**PREMATURE
BIRTH AND
LOW BIRTH
WEIGHT**



**CANCER, STROKES,
GANGRENE, LUNG
DISEASE, HEART
DISEASE AND DEATH**

CARE NOT KILL

IF YOU CHOOSE TO SMOKE, **SMOKE WELL AWAY
FROM VULNERABLE PEOPLE AND CHILDREN.**

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Ask your health professional or physiotherapist how.

1300 367 519



EmployHealth

SAVE a packet

Call  Quitline 13 7848

**STOP A PACK A DAY HABIT
AND ENJOY THE SAVINGS**

1 DAY: TREAT
YOURSELF TO
A MOVIE **\$24**



2 DAYS:
TAKE A MATE
TO THE FOOTY **\$45**



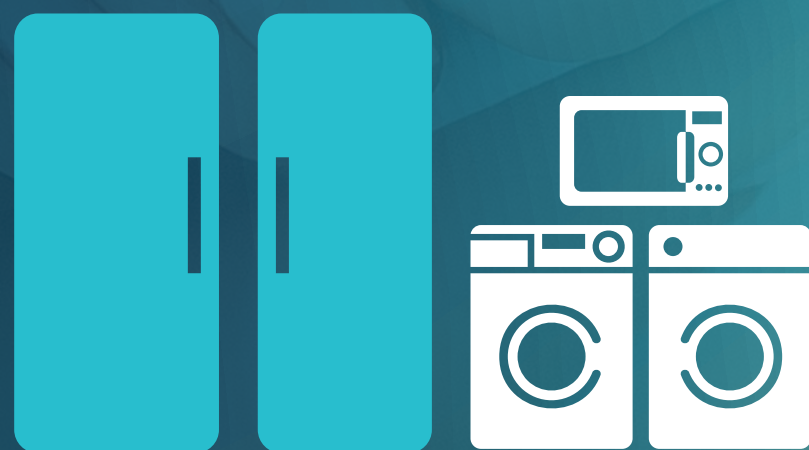
1 WEEK: FAMILY OUT
FOR A NICE DINNER OR
DAY TRIP **\$170**



1 MONTH: FAMILY
WEEKEND AWAY
OR BUY NEW KIDS
BIKES **\$730**



3 MONTHS: RETURN
FLIGHTS AND
ACCOMMODATION
FOR 2 IN BALI **\$2200**



6 MONTHS: NEW FRIDGE, FREEZER,
MICROWAVE, WASHING MACHINE,
AND CLOTHES DRYER **\$4400**



1 YEAR: NEW 75" TV, SOUND
BAR, COFFEE MACHINE, AND
LOUNGE SUITE **\$8800**

Are you ready to quit?

Ask your health professional or physiotherapist how.

1300 367 519



EmployHealth