

Quitting Smoking

on the fast track
to better health



- ▶ **Within 20 minutes**
Blood pressure decreases and the pulse returns to normal
- ▶ **After 8 hours**
The carbon monoxide level in your body decreases
- ▶ **After 24 hours**
Chances of heart attack decreases
- ▶ **After 48 hours**
Sense of smell and taste improves
- ▶ **After 72 hours**
Lung capacity increases
- ▶ **2 weeks to 3 months**
Blood circulation increases
- ▶ **1 to 9 months**
Coughing, fatigue and shortness of breath decreases
- ▶ **After 1 year**
The risk of heart attack is cut in half

Congratulations!

For more information visit www.york.ca/tobacco

1-800-361-5653
TTY: 1-866-252-9933



York Region Health Connection

Community and Health Services
Public Health

www.york.ca

