

It is never too late
to quit using
tobacco.

Tobacco **FACT** Sheet

www.tobaccoprevention.org

When you quit smoking

Within 20 minutes of your last puff:

You stop polluting the air
Blood pressure drops to normal
Pulse rate drops to normal rate
Temperature of hands and feet increase to normal

8 hours

Carbon monoxide level in blood drops to normal
Oxygen level in blood increases to normal

24 hours

Chance of heart attack decreases

48 hours

Nerve endings adjust to the absence of nicotine
Ability to smell and taste things is enhanced

72 hours

Bronchial tubes relax, making breathing easier
Lung capacity increases

2 weeks to 3 months

Circulation improves
Walking becomes easier
Lung function increases up to 30%

1 to 9 months

Coughing, sinus congestion, fatigue, and shortness
of breath all decrease

Cilia grow back (tiny hairs in your air passageways)
increasing ability to handle mucus, clean the lungs
and reduce infection

1 year

Heart disease death rate is halfway back to that of a
nonsmoker

5 years

Heart disease death rate drops to the rate for
nonsmokers

Five tips for quitting

Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use these five steps to develop and maintain your own quit plan.

1. Get ready.
2. Get support.
3. Learn new skills and behaviors.
4. Get medication and use it correctly.
5. Be prepared for difficult situations.

Talk to your health care provider, they can help. If you do not have insurance or just need to talk call the Washington Tobacco Quitline:

1-877-270-7876

For Spanish call:

1-877-2NO Fume

Visit the Quitline website:

www.quitline.com

We also recommend:
www.doh.wa.gov/tobacco
www.cdc.gov/tobacco