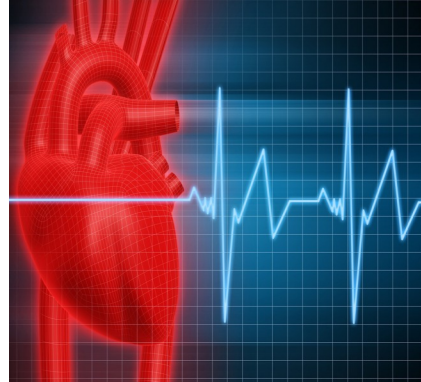


# No Smoking

IT CAN IMPROVE YOUR PULMONARY FUNCTION, HEALTH, AND LIFESPAN



20 MINUTES AFTER YOU QUIT, BLOOD PRESSURE AND PULSE RATE DECREASES.

8 HOURS, CARBON MONOXIDE AND OXYGEN LEVELS IN BLOOD RETURN TO NORMAL.

1 DAY, THE LIKELIHOOD OF A HEART ATTACK DECREASES

2 DAYS, NERVES ENDINGS REGENERATE: SENSE OF TASTE AND SMELL ARE ENHANCED

2 WEEKS, CIRCULATION IMPROVES AND LUNG FUNCTION INCREASES

1-9 MONTHS, COUGHING, SINUS CONGESTION, FATIGUE AND SHORTNESS OF BREATH DECREASE.

1 YEAR THE LIKELIHOOD OF A HEART ATTACK IS CUT IN HALF

YOURS IN HEALTH AT PUBLIC SAFETY HEALTH AND WELLNESS