



# *What Happens* — WHEN YOU — **QUIT SMOKING?**



## After

**20**  
minutes

Your heart rate and blood pressure decrease.

**12**  
hours

Your carbon monoxide levels return to that of a non-smoker.

**14**  
days

Your circulation and lung function improve.

**1**  
year

Your risk of a heart attack is half that of someone who smokes.

**5**  
years

Your stroke risk is half that of a smoker's risk.