

A close-up photograph of a hand holding a pack of cigarettes. The pack is white with a colorful pattern on the top flap. Several cigarettes are visible inside. In the background, another hand is reaching out, palm facing forward, as if to stop the person from smoking. The background is a soft, out-of-focus blue.

AFTER YOU quit smoking

No matter what your age is, or how long you've smoked, you can reap benefits of quitting today!

Here's what happens in your body after you quit:

- 12 hours later, carbon monoxide in your blood drops to normal levels.
- 2 weeks to 3 months later, your circulation improves and your lungs work better.
- 1 year later, your risk of developing heart disease is slashed in half.

You'll also lower your risk for lung cancer when you quit. And the health benefits continue the longer you stay smoke-free. Visit smokefree.gov to start your quit journey!