



PUYU PAKI QUIT SMOKING MATCH



MATCH HOW LONG IT TAKES TO START FEELING THE HEALTH BENEFITS WHEN QUITTING SMOKING

Risk of lung cancer is less than half that of a continuing smoker and continues to fall		12 hours
Excess carbon monoxide is out of your blood		5 days
Lung function and blood flow improves		1 week
Sense of taste and smell improves		1 month
Risk of a stroke has dramatically decreased		2 months
Skin appearance is likely to improve		3 months
Risk of heart attack and stroke is almost the same as that of a person who has never smoked		12 months
Most nicotine is out of your body		5 years
Lungs will no longer be producing extra phlegm caused by smoking		10 years
Risk of heart disease has halved		15 years



Entry period:

Monday 5 December 2022 to Sunday 29 January 2023

How to enter: Upload the completed activity sheet to the PAMS website (www.puntukurnu.com.au/community-health-programs/puyu-paki-dont-smoke-give-it-up.aspx) or hand in the completed activity sheet to the staff at any of the five PAMS clinics.

Winners: Entrants will go in the random draw to win a weekly prize. The prize is a \$50 voucher. Winners will be notified directly by phone or email and published on the website.

For full T&Cs visit the PAMS website.

Name:

Age:

Phone:

Email:

