

# 12 HOURS

after you quit smoking, carbon monoxide levels in your blood decrease to normal.

# 1 YEAR

after you quit smoking, your risk of heart disease is cut in half.

# 5 YEARS

after you quit smoking, your risk of having a stroke is the same as a non-smoker.

**1.800.QUIT.NOW**  
**QUITNOW.NET/OREGON**

SMOKEFREE  
oregon