

# Stoptober

Supervisor  
Crew  
Talk

Stoptober is an annual campaign that encourages smokers to quit.

*People are 5 times more likely to quit for good if they can make it at least 28 days smoke free.*

Stopping smoking isn't easy, but it greatly improves your health and finances!



*After not smoking for:*



**20 minutes**

Blood pressure returns to normal



**8 hours**

Nicotine and carbon monoxide levels in blood reduce by half and oxygen returns to normal



**48 hours**

Carbon monoxide is eliminated from the body. Lungs start to clear out mucus and other smoking debris. There is no nicotine in the body. Ability to taste and smell is greatly improved.



**72 hours**

Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.



**2 to 12 weeks**

Circulation improves.



**3 to 9 months**

Coughs, wheezing, and breathing problems improve as lung function increases by up to 10 percent.



**5 years**

Risk of heart attack falls to about half compared to a person who is still smoking.



**10 years**

Risk of lung cancer is half that of a smoker. Risk of heart attack is the same as someone who's never smoked.

*"Safety is a core value and business priority"*



**West Fraser**