



**FIRE PROTECTION**

**USA**

# After the Last Cigarette



Withdrawal  
Symptoms  
Kick in

**24 Hours**

Cravings  
Begin to  
Subside

**10 Days**

Blood Nicotine  
Levels Drop  
93%

**8 Hours**

Sense of  
Taste and  
Smell Greatly  
Improve

**2 Days**

Physical  
Withdrawal  
symptoms  
End

**1 Month**

Risk of heart  
disease or  
Heart Attack  
is Cut in Half

**1 year**

Risk of  
Stroke is the  
Same as a  
Non-Smoker

**5 years**