

Cost of Cigarettes 2018

| | ½ Pack | 1 Pack | 1 ½ Packs | 2 Packs | 2 ½ Packs | 3 Packs |
|-----------------------|---------------|---------------|------------------|----------------|------------------|----------------|
| Per Day | \$4.41 | \$8.82 | \$13.23 | \$17.64 | \$22.05 | \$26.46 |
| Per Week | \$30.87 | \$61.74 | \$92.61 | \$123.48 | \$154.35 | \$185.22 |
| Per Month | \$132.30 | \$264.60 | \$396.90 | \$529.20 | \$661.50 | \$793.80 |
| Per Year | \$1,610.00 | \$3,220 | \$4,830 | \$6,400 | \$8,050 | \$9,660 |
| Every 5 Years | \$8,050.00 | \$16,100 | \$24,150 | \$32,000 | \$40,250 | \$48,300 |
| Every 10 Years | \$16,000.00 | \$32,200 | \$48,300 | \$64,000 | \$80,500 | \$96,000 |

Revised 11-15-17

WI Tobacco QuitLine 1-800-QUIT-NOW (1-800-784-8669)

Cost of Cigarettes 2018

| | ½ Pack | 1 Pack | 1 ½ Packs | 2 Packs | 2 ½ Packs | 3 Packs |
|-----------------------|---------------|---------------|------------------|----------------|------------------|----------------|
| Per Day | \$4.41 | \$8.82 | \$13.23 | \$17.64 | \$22.05 | \$26.46 |
| Per Week | \$30.87 | \$61.74 | \$92.61 | \$123.48 | \$154.35 | \$185.22 |
| Per Month | \$132.30 | \$264.60 | \$396.90 | \$529.20 | \$661.50 | \$793.80 |
| Per Year | \$1,610 | \$3,220 | \$4,830 | \$6,400 | \$8,050 | \$9,660 |
| Every 5 Years | \$8,050 | \$16,100 | \$24,150 | \$32,000 | \$40,250 | \$48,300 |
| Every 10 Years | \$16,000 | \$32,200 | \$48,300 | \$64,000 | \$80,500 | \$96,600 |

Revised 11-15-17

WI Tobacco QuitLine 1-800-QUIT-NOW (1-800-784-8669)

When You Quit Smoking

Within 20 Minutes of Your Last Cigarette:

- You stop polluting the air
- Blood pressure drops to normal
- Pulse rate drops to normal rate
- Temperature of hands and feet increases to normal

8 Hours:

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

24 Hours:

- Chance of heart attack decreases

48 Hours:

- Nerve endings adjust to the absence of nicotine
- Ability to smell and taste things is enhanced

72 Hours:

- Bronchial tubes relax, making breathing easier
- Lung capacity increases

2 Weeks to 3 Months:

- Circulation improves
- Walking become easier
- Lung function increases up to 30%

1 to 9 Months:

- Coughing, sinus congestion, fatigue, and shortness of breath all decrease
- Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, and reduce infection
- Body's overall energy level increases

1 Year:

- Heart disease death rate is halfway back to that of a nonsmoker

5 Years:

- Heart disease death rate drops to the rate of nonsmokers
- Lung cancer death rate decreases halfway back to that of nonsmokers

10 Years:

- Lung cancer death rate drops almost to the rate for nonsmokers
- Precancerous cells are replaced
- The incidence of other cancers--of the mouth, larynx, esophagus, bladder, kidney, and pancreas--decrease

When You Quit Smoking

Within 20 Minutes of Your Last Cigarette:

- You stop polluting the air
- Blood pressure drops to normal
- Pulse rate drops to normal rate
- Temperature of hands and feet increases to normal

8 Hours:

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

24 Hours:

- Chance of heart attack decreases

48 Hours:

- Nerve endings adjust to the absence of nicotine
- Ability to smell and taste things is enhanced

72 Hours:

- Bronchial tubes relax, making breathing easier
- Lung capacity increases

2 Weeks to 3 Months:

- Circulation improves
- Walking become easier
- Lung function increases up to 30%

1 to 9 Months:

- Coughing, sinus congestion, fatigue, and shortness of breath all decrease
- Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, and reduce infection
- Body's overall energy level increases

1 Year:

- Heart disease death rate is halfway back to that of a nonsmoker

5 Years:

- Heart disease death rate drops to the rate of nonsmokers
- Lung cancer death rate decreases halfway back to that of nonsmokers

10 Years:

- Lung cancer death rate drops almost to the rate for nonsmokers
- Precancerous cells are replaced
- The incidence of other cancers--of the mouth, larynx, esophagus,