

## How to protect your family from secondhand smoke...

Tick the actions, which you think will help you protect your family from secondhand smoke. There is a space at the bottom to add your own too...

- Use this leaflet to discuss with others how important it is to protect your family from secondhand smoke.
- Make a pact with your family and friends that your car and home will be smokefree. Ask people who want to smoke to go outside. It is not enough to open a door or window.
- If people go outside to smoke make sure the children are safe.
- Remove ashtrays and lighters from inside the house and car.
- Discuss with children and young people the dangers of secondhand smoke so they are less likely to try smoking.
- Show that you are serious about protecting others. Don't smoke in other people's homes even if they allow smoking.
- Ask anyone looking after your children in their home not to smoke in the presence of the children.
- Ideally, quit smoking. The sooner you quit, the sooner you start to see the benefits.
- Other: .....

## Frequently Asked Questions...

**Q. Is it safer to smoke fewer cigarettes or move to another room to smoke?**

A. No. There is no safe level of exposure to secondhand smoke. Making your home and car smokefree is the only way to protect your family from the harmful effects.

**Q. If I am exposed to secondhand smoke, will my unborn child also be exposed?**

A. Yes. What you breathe your baby breathes too. Pregnant women exposed to secondhand smoke can pass on harmful chemicals to their babies.

**Q. What do I do if I want to STOP smoking?**

A. The most important thing you can do for your health is to stop smoking, and there has never been so much free help on offer. With NHS support you have the best chance of quitting than going it alone. Call one of the numbers below for more information.

## Looking for help to stop smoking?

To find your local NHS Stop Smoking Service:

Call **0800 917 8683**

Text **'SECONDHAND'** and your postcode to **88088**

Visit **[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)**

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Smoke Free North East

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**PROTECT YOUR FAMILY.  
KEEP YOUR CAR  
AND HOME SMOKEFREE**

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**SMOKEFREE**



## What is secondhand smoke?

**Secondhand smoke is breathing in other people's tobacco smoke.**

Secondhand smoke is a toxic cocktail of over 4,000 chemicals including arsenic, carbon monoxide and cyanide.

### Why is secondhand smoke harmful?

Babies and children who grow up in smoky atmospheres are most likely to:

- \* have asthma attacks and chest infections
- \* need hospital care before their 1st birthday
- \* be off sick from school more often, which will affect their education
- \* get more coughs and colds
- \* have a higher risk of meningitis
- \* be at risk of cot death
- \* suffer from glue ear (leading to partial deafness)
- \* have behavioural problems and learning difficulties.

#### DID YOU KNOW:

**FACT:** Breathing in secondhand smoke increases the risk of lung cancer and heart disease.

**FACT:** Children whose parents smoke are three times more likely to become smokers themselves.



## What are the benefits of being smokefree?



Most of us are aware of the dangers of secondhand smoke and want our homes to be smokefree. Some people may not have the confidence to ask other family members and visitors not to smoke in their home.

Here are some of the benefits of being smokefree:

- \* It will protect people from the dangers of secondhand smoke, especially children and those suffering from long term disease
- \* It will cut the number of cigarettes smoked as well as encouraging smokers to try and stop smoking
- \* It may help ex-smokers to stay smokefree
- \* It encourages young people not to start smoking
- \* It protects your pet's health (cats, dogs and birds have small organs just like little children)
- \* It will make your house feel and smell fresher
- \* It will reduce decorating costs.

**Every time you smoke, the people around you smoke too!**



## Steps to smokefree - what can I do?

Think what steps you can take to protect your family from secondhand smoke. Remember, this does not have to involve a person stopping smoking, as this may not be an option for them at the moment.

**You can change where people smoke to protect your family.**

Find out if there is anything you can do to reduce your family's exposure to secondhand smoke. Ask yourself these questions:

**1) Which of my family members are exposed to secondhand smoke?** .....

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.....

**2) Where are they exposed to secondhand smoke? e.g. car, home, friends' or grandparents' home:**

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.....

**3) What am I going to do to reduce secondhand smoke exposure?** .....

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**Now, turn over the page to plan your actions...**