

NHS



Smokefree families

PROTECT YOUR FAMILY.
KEEP YOUR CAR
AND HOME SMOKEFREE

Children breathing in other people's smoke can suffer from cot death, asthma, chest infections, meningitis and other serious illnesses.

Even if you are not ready to quit you can still protect your family. Make your home and car smokefree.

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

fresh*
Smoke Free North East

Fresh would like to express their sincere thanks to Smoke Free Middlesbrough & Smoke Free Redcar & Cleveland for providing the creative design.



SMOKEFREE



Smokefree families

PROTECTING FAMILIES
FROM SECONDHAND SMOKE

Do you see parents and carers regularly as part of your role?

If YES, you have a key part to play in protecting children from secondhand smoke.

Children breathing in other people's smoke can suffer from cot death, asthma, chest infections, meningitis and other serious illnesses.

Free, local, short courses are available in your area for you to make a difference.



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To find out more call Fresh on (0191) 387 2259
or email info@freshne.com

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