SECONDHAND SMOKE KILLS

Find out how to get some breathing space.
Like a lot of people, you might think that other people’s tobacco smoke is simply a bit unpleasant. But it’s much worse than that. Secondhand smoke is harmful to health.

It’s safest to be where people aren’t smoking at all. Secondhand smoke is a killer. It’s time to face the facts. The following pages give you the who, what, where, when and why of secondhand smoke.
WHO?
YOU

Being in a smoky atmosphere immediately puts your body under pressure. Your eyes may become sore. You could start coughing. You may even feel sick. As well as these unpleasant symptoms is the more serious long-term damage that is being done to your vital organs.

Breathing in secondhand smoke is dangerous. Scientific evidence now clearly shows the link between secondhand smoke and many life threatening conditions:

- Risk of lung cancer up by 24%
- Risk of heart disease up by 25%

Source: Scientific Committee on Tobacco and Health

Breathing in secondhand smoke can trigger asthma attacks and also increase your chances of developing breathing or other chest problems.

If children breathe in secondhand smoke their chance of getting asthma doubles. And if they already have asthma, it’s definitely making their breathing worse.
FACT
SECONDHAND SMOKE IS COMPOSED OF OVER 4,000 CHEMICALS

FACT
YOU NEVER KNOW WHERE IT IS, BECAUSE 85% OF IT IS INVISIBLE

FACT
SO WAVING AWAY ANY SMOKE YOU CAN SEE IS POINTLESS
Secondhand smoke is not just breathed out by smokers. Most of it comes directly from the lit ends of cigarettes and cigars and, because it’s unfiltered, is the most toxic sort.

The toxic substances in secondhand smoke include over 69 cancer-causing chemicals. They’re the kind of thing you would never choose to inflict on anyone.

**CHEMICALS IN SECONDHAND SMOKE**

- **Tar** – a mixture of dangerous chemicals
- **Arsenic** – used in wood preservatives
- **Benzene** – an industrial solvent, refined from crude oil
- **Cadmium** – used in batteries
- **Formaldehyde** – used in mortuaries and paint manufacturing
- **Chromium** – used to manufacture dye, paints and alloys
- **Butadiene** – used in rubber manufacturing
- **Polycyclic aromatic hydrocarbons** – a group of dangerous DNA-damaging chemicals
- **Acrolein** – formerly used as a chemical weapon

**CALL 0800 169 0 169 OR VISIT www.nhs.uk/smokefree**
Secondhand tobacco smoke can really hang around. The best thing to do is to make your home completely smokefree.

Young children are particularly vulnerable to secondhand smoke because their bodies are still developing. They can get breathing problems, middle ear infections and asthma attacks. And they are more likely to have to go to hospital in their first year of life.

Pregnant women exposed to secondhand smoke can pass on the harmful chemicals to their babies.

For more information on how to protect your home from secondhand smoke, visit us at www.nhs.uk/smokefree

**Fact** Secondhand smoke can linger for two and a half hours, even with a window open.
Fact
95% of deaths associated with secondhand smoke are from exposure in the home.

Fact
Cot death is five times more likely when there's secondhand smoke around.
WHY GOODBYE

As of 1 July 2007, virtually all enclosed public places and workplaces became smokefree. This law means everyone will be protected from the harmful effects of secondhand smoke, not just at work, but also in bars, clubs, pubs and restaurants.

In the meantime, there are some things you can do to protect yourself from secondhand smoke:

- Go to smokefree venues
- Choose smokefree taxis
- Always keep your home and car smokefree. Ask visitors to smoke outside and before they get in your car
- Have the confidence to ask people to stop smoking around you

And if you’re a smoker, protect your friends and colleagues, as well as your home, by always smoking outside.

For more information about stopping smoking, visit our website at www.nhs.uk/smokefree
FACT
SECOND HAND SMOKE IS HARD TO SNIFF OUT, BECAUSE 85% OF IT IS ODORLESS
REACTION RECOVERY

If you’re a smoker, the best way to protect your friends and family from the harm caused by secondhand smoke is to go smokefree completely. Everyone benefits – most of all, you.

Going smokefree means you can join everyone else when England goes smokefree. Not only will you feel healthier and breathe more easily, but you’ll avoid the serious diseases associated with smoking. Your life gets so much better when you go smokefree:

- Cut your chances of getting heart disease
- Decrease your chances of getting lung cancer
- Have more energy for sudden exertions
- Save cash
- Look better and feel better
Your blood pressure and pulse return to normal
Circulation improves – especially in your hands and feet.

Your blood oxygen levels return to normal
and your chance of having a heart attack falls.

Carbon monoxide leaves your body.
Your lungs start to clear out mucus and debris.

Congratulations. Your body is now nicotine free.
And have you noticed how your sense of taste and smell have improved?

Your breathing is easier. You have more energy.

Circulation is now improved throughout your body.
It’s easier for you to walk and exercise now.

Your lung efficiency is up by 5-10 per cent.
Breathing problems are fading away. Say goodbye to coughing,
shortness of breath and wheezing.

You now have only half the chance of getting a heart attack
compared to a smoker.

The chance of you getting lung cancer is now half that of a smoker.
Your chances of having a heart attack are now the same as someone who’s never smoked.

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INHALE INSPIRE

The NHS offers a range of free support to help you go smokefree. Choose the right method, or combination of methods, to suit you and the way you live your life.

**LOCAL NHS STOP SMOKING SERVICES**
Get advice and work with a trained adviser, either one-to-one or in a group. You’re up to four times more likely to succeed if you go smokefree this way and use NRT.

**NICOTINE REPLACEMENT THERAPY (NRT)**
NRT products can really help you break the addiction. They’re available in lots of different forms, from gum and patches, to nasal spray and inhalators. And they double your chances of success.

**TOGETHER PROGRAMME**
This is a great method if you’re too busy for regular appointments. It’s been designed by experts and ex-smokers. Get free support in the shape of information packs, supportive text messages, phone calls and emails at the crucial times.

If you’re not a smoker, you can still support friends and family when they choose to go smokefree.

To find out more about the help on offer: call the NHS Smoking Helpline on 0800 169 0 169 or visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)
Local NHS Stop Smoking Services
For one-to-one or group–based advice, text QUIT plus your postcode to 88088

For free advice, help and support:
Go to www.nhs.uk/smokefree or www.facebook.com/nhssmokefree

Call Smokefree on 0800 169 0 169
(Weekdays 9am – 8pm. Weekend 11am – 5pm)

Or textphone 0800 169 0 171

Because life’s better smokefree.