Looking for help to stop smoking?
To find your local NHS Stop Smoking Service speak to your GP or pharmacist, or call the Smokefree helpline on 0800 022 4 332.
Or visit www.smokefree.nhs.uk

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. Look below for more information.

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YOU MAY THINK YOU ARE PROTECTING YOUR FAMILY BY
• Opening a window
• Sitting on the opposite side of the room to your children
• Lighting up before your children come home
• Standing at the back door
• Moving to a different room
• Turning on a fan or wafting away
• Spraying an air freshener

...you’re not.
What is secondhand smoke?
Secondhand smoke is breathing in other people’s tobacco smoke. Smoke is invisible, poisonous and can linger for hours.
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 breathe in smoke are more likely to:
• have asthma attacks and chest infections
• need hospital care or doctor’s appointments
• suffer from wheeze
• 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.

DID YOU KNOW:
FACT: Breathing in secondhand smoke increases the risk of lung cancer and heart disease when children get older.
FACT: Children whose parents, brothers or sisters smoke are more likely to become smokers themselves.

TAKE 7 STEPS OUT

What are the benefits of being smokefree?
• It will protect people from the dangers of secondhand smoke, especially children and anyone suffering from long term diseases
• Your children won’t see you smoking, so might not be tempted to start
• 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 protects your pet’s health (cats, dogs and birds have small organs just like children)
• It will make your house and car feel and smell fresher. It will also reduce decorating costs.

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

HOW TO MAKE YOUR HOME SMOKEFREE
Opening a window or standing at the back door does not protect your loved ones from harmful secondhand smoke. Taking seven steps away from your home is an effective way of minimising their exposure to secondhand smoke.

You can change where people smoke to protect your family.

Use this leaflet to discuss with others how important it is to protect your family from secondhand smoke.

☐ Tell everyone in your house, and any visitors, that your home and car is now 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.
☐ Keep a pair of slip-on shoes and other all-weather bits by your back door.
☐ 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 or cars even if they allow smoking.
☐ Ask anyone looking after your children in their home not to smoke around the children.
☐ Can’t make it outside? Nicotine replacement methods like patches and gum can help.
☐ Ideally, quit smoking. The sooner you quit, the sooner you start to see the benefits.