

*When someone smokes,
is it harmful to others
near them?*

Smoke curling up from the end of a cigarette is harmful to everyone in the room and in the house.

Tobacco smoke contains 4,000 chemicals. These chemicals are in poisonous gases and dust-like particles too small for the eye to see.

When you breathe in these gases and particles they get into every cell in your body. This is called secondhand smoke. It can cause the following health problems, especially in children:

- Asthma & chest infections
- Behaviour & learning difficulties
- Cot death & meningitis
- Coughing & wheezing
- Middle ear infections

In the UK, around 95% of deaths associated with secondhand smoke are from exposure in the home

*For more
information
check out*

www.smokefreebristol.org

E-mail: smokefreehomes@bristolpct.nhs.uk

Telephone: 0117 959 5465

For support to stop smoking contact
0870 240 3319

Or phone the free NHS pregnancy smoking
helpline on 0800 169 9 169

www.bristolsmokingadvice.nhs.uk

If you need this information in a different language, or in another format such as large print, please contact us or visit our website.

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**Bristol
Smokefree
Homes**

*Protect others
from tobacco
smoke*

Protect your household from many health problems

Make your home smokefree

The benefits begin the minute you make your home smokefree!

- 4,000 tobacco chemicals no longer polluting the air
- Everyone is healthier; breathing in smokefree air
- Risk of smoking related health problems reduced
- Your eyes and noses no longer irritated by tobacco smoke
- Children less likely to develop asthma
- Asthmatics have better control of their disease
- Pets are healthier and happier; living longer breathing in clean air
- Reduced risk of fire – more people die in fires caused by smoking than in fires with any other single cause.

Will I upset visitors, especially close friends and relatives, if I ask them not to smoke in my house?

Explain to them that tobacco smoke is harmful, especially to children. Good friends and loving relatives will understand.

What can I do?

Make sure you go outside to smoke, and keep the air inside the house clean for everyone.

Help protect children by keeping their playing, sleeping and eating areas totally smokefree

After children have gone to bed, you still need to go outside to smoke as it takes more than 24 hours for the toxins to clear. The toxins will still be on the furnishings and walls in the morning!

Avoid smoking in the car – smoke is more concentrated in confined spaces

Practical steps

Set up a smoking area outside

Place an umbrella by the back door

Remove ashtrays and lighters from inside your house

Place non-smoking stickers inside your home and car

A Smokefree Home

You may notice:

- A drop in the number of cigarettes you smoke
- Others in the family are breathing easier
- You are able to smell your food better
- You get fewer headaches
- You take less days off sick
- The paint on the walls has stayed a fresh colour