



# Bristol Smokefree Homes

Protect others  
from tobacco smoke

# 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**

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



## For more information check out

[www.smokefreebristol.org](http://www.smokefreebristol.org)

E-mail: [smokefreehomes@bristolpct.nhs.uk](mailto: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](http://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.