

There are 12,000 deaths each year from secondhand smoke in the UK, 95% due to smoking in the home.

Facts about secondhand smoke

- It is the smoke from another person's cigarette, pipe or cigar of which 85% is invisible and odourless.
- Secondhand smoke kills around 80 people **WHO DON'T SMOKE** in Bristol every year.
- In the UK, 17,000 children under five are admitted to hospital with respiratory illness caused by secondhand smoke.
- Secondhand smoke contains the same tar, nicotine and cancer-causing substances as the smoke going directly into a smoker's lungs.

Would you like a Smokefree home?

For more information contact us at:

Bristol NHS Stop Smoking Service
Health Promotion
Somerset House
Southmead Hospital
Bristol BS10 5NB

Email: smokefreebristol@nhs.net


www.smokefreebristol.org



SMOKE FREE HOMES

for your children





In Bristol (2005), 856 children under five years were admitted to hospital with a respiratory disease.

Xiom Inpatient Data – Avon IM&T Consortium

Secondhand Smoke, Pregnancy, Babies and Children

To give your children the healthiest start in life, protect them from secondhand smoke.

There is no safe level of exposure to secondhand smoke.

American Surgeon General's Report 2006

Secondhand Smoke during Pregnancy

- If you breathe in secondhand smoke during pregnancy your baby does too.
- Breathing secondhand smoke means you and the baby will get less oxygen which will affect the growth of your baby.
- A small baby at birth is more likely to get sick and may have weaker lungs causing difficulties with breathing.
- You may be more likely to have a miscarriage or stillbirth.

The children of parents who smoke are 72 times more likely to get serious chest infections. Jarvis M et al. BMJ.1985;291:927-929

Secondhand Smoke and Babies

- Nicotine and other poisonous chemicals from secondhand smoke get into the mother's breast milk.
- A new born baby living in a smoky home is at greater risk of sudden infant death syndrome (cot death).
- Babies who breathe secondhand smoke have more colds, ear infections and asthma attacks and are at greater risk of bronchitis and pneumonia.
- **Babies cannot move away from secondhand smoke.**

Secondhand Smoke and Children

- Children have smaller bodies and less well developed lungs than adults so are at greater risk from secondhand smoke.
- Children living in a smoky home and travelling in smoky cars are more at risk from bronchitis and pneumonia.
- Children breathing secondhand smoke have more asthma attacks, allergies, colds and ear infections.
- **Children don't have a choice about where they live.**

Protect your Children from Secondhand Smoke

- Keep all enclosed areas, e.g. your home and your car, free from smoke by smoking outside.
- Ask all visitors not to smoke in your home or your car.
- Ensure your child's day care is smokefree.
- When visiting family or friends ask them not to smoke around your children.
- The best thing you can do for yourself and your family is quit smoking. Call the smoking helpline to find out where your nearest stop smoking clinic is: **0117 959 5465**.