

Secondhand Smoke and your Pets

- There are over 4,000 chemicals including 69 known cancer-causing substances found in secondhand smoke that will be inhaled by your pets.
- Pets also absorb dangerous chemicals when they groom themselves because the toxins land on their fur.
- Only 15% of cigarette smoke is actually inhaled by the smoker – the rest ends up in the air exposing your family and pets to the dangers of passive smoking.
- The majority of secondhand smoke is invisible and odourless.

Would you like a Smokefree home?

For more information contact us at:

Smokefree Homes Advisor
Directorate of Public Health
King Square House
King Square
Bristol BS2 8EE

Email: smokefreehomes@bristolpct.nhs.uk

www.smokefreebristol.org

SMOKE FREE HOMES

for your pets





Your pets suffer from secondhand smoke too. Tobacco smoke increases your pet's risk of getting cancer, heart disease and other illnesses.

Points on Pets

- Pets that live in a smoky home are at risk of respiratory infections, lung inflammation and asthma.
- Cats are twice as likely to develop feline lymphoma (a deadly form of cancer).
- Dogs are three times more likely to develop lung or nasal cancer.
- Birds may develop eye problems as well as respiratory problems like coughing and wheezing.
- Smaller pets such as hamsters and guinea pigs may suffer alopecia (hair loss).
- Cats are more likely to develop oral cancer.

Even if pets don't develop cancer, they can have a strong reaction to the smoke. Just like their human families, pets can develop respiratory infections, lung inflammation and asthma when exposed to secondhand smoke.

If an animal for (example a puppy) eats just two cigarette butts it can cause death in a relatively short period of time.

What can I do?

- **Go smokefree** – for the health of pets, children and others in the home.
- Ask your friends, family and all visitors to smoke outside; **opening a window is not enough.**
- Keep ashtrays clean, out of reach and preferably outside – **don't leave butts in them for pets to find.**
- **Consider quitting** – the health effects of your smoking on pets are just one more good reason to quit.

A **smokefree** home means better health for you and your pet. Improve your health and your pets' health by going smokefree at home.

Call the smoking helpline to find out where your nearest stop smoking clinic is: **0117 959 5465.**