

Smoke free homes

Protect your family including pets by keeping all smoking right outside your home.

Get **free** support to make your home smoke free today or help to reduce or stop smoking.

Call the Community Wellbeing Hub on 0300 247 0050

Turn over for some information on second hand smoke plus some simple steps to make your home smoke free.

Be proud to have a smoke free home!



A bit about secondhand smoke

When you smoke indoors the secondhand smoke you breathe out stays in the air for hours- 85% of it is invisible and doesn't smell but it's there.

This happens even if you smoke with a window or door open as the smoke drifts inside.

Children breathe faster than adults and take in more of the toxic chemicals. Secondhand smoke can trigger health problems like asthma, glue ear, meningitis and chest infections in children.

The only way to protect your family is to smoke outside well away from doors and windows. Make sure you close doors and windows too to stop any smoke drifting back in.

Tips for making your home smoke free

Rather than smoke in the kitchen or hall could you wait until another time when you can go right outside? eg whilst putting the rubbish out

Ask someone you trust to watch the kids for five minutes if you feel you need pop outside for a cigarette. You could return the favour.

Could you put your shoes, a coat and umbrella by the door? And find somewhere comfortable outside to smoke instead?

If you can't get outside and aren't ready to quit, could you go longer between cigarettes until you next go out? You could try Nicotine Replacement Therapy eg patches or gum or an e-cigarette (vape) to get you through.

Keep hands and mouth busy, brush your teeth, sip water or chew gum to help you avoid smoking if you can't get outside.

Don't let anyone smoke inside your home including visitors. Tell them you are keeping your home smoke free and ask them to go outside.

Text visitors beforehand to explain that your home is smoke free so they are aware and ask them to put out or finish cigarettes before they arrive.

Benefits of keeping your home smoke free

Your children, other household members and pets will be healthier, your home will be cleaner and fresher, there will be a reduced risk of house fires. You will be less tempted to smoke and may save money as a result, or decide to quit completely!

Call 0300 247 0050 for free support.