

Protect your
family from
tobacco
smoke
in your
home and car



“helping you to do it”

What is second-hand smoke ?

Second-hand tobacco smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar and the smoke breathed out by smokers

Second-hand smoke contains more than 4,000 different chemicals. At least 250 of them are known to be toxic or to cause cancer – including lead, cyanide and arsenic.

Breathing in second-hand smoke is sometimes called passive smoking.



*“Breathing in second-hand smoke is sometimes called **passive smoking**”.*

Children's exposure to second-hand smoke

Second-hand smoke has a number of bad effects on children's health.

In the UK second-hand smoke is the cause of over 300,000 children's visits to the doctor every year - and nearly 10,000 children being admitted to hospital

Second-hand smoke accounts for 40 cot deaths in the UK every year

Children and infants are more vulnerable to tobacco smoke than adults because they have smaller airways and breathe faster and their immune systems are still developing

A child exposed to second-hand smoke in the home is more likely to contract meningitis or to get middle ear infection - 'glue ear' - and twice as likely to have asthma symptoms all year round.

Being around second-hand smoke is linked to a bigger risk of coughing, wheezing and croup

Children who grow up around smokers are three times more likely to start smoking themselves when they get older

And don't forget

Second-hand smoke is also bad for your pets – and smokers are more likely to have a fire in their home.



Smoke is sneaky

Smoking at home can quickly lead to your child breathing in levels of air pollution worse than those found on the streets of big, polluted cities.

Second-hand smoke can seep invisibly into or out of open windows or doors. Even when a cigarette is stubbed out the unseen poisons in the smoke can stay around for up to 5 hours.

So smoke can still be there even when you can't see it or smell it.



“Second-hand smoke can seep invisibly into or out of open windows or doors”.

what you can do to protect your family

Most parents and carers already take some steps to protect their families, such as opening a window or smoking in a different room. This might get rid of some of the smoke, but there is no safe level of exposure to second-hand smoke.

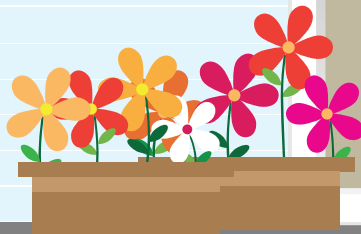
The way that smoke lingers in the air and moves from room to room means that the risk remains – if you can then the best way to protect your family is to make your home completely smoke-free.

Take any smoking right outside, and close the door behind you – the website www.rightoutside.org will give you more information and advice on this.



Top tips and helpful hints

- Set a date to make your home smoke-free
- Tell your family and friends that you want to protect your family and ask for their support.
- Be positive and remind yourself why you have made the effort to keep your home smoke-free
- Make some no-smoking signs with your children and put them up on your door and in your car as a reminder of who you are doing this for.
- Make sure cigarettes are out of sight
- Remove ashtrays from the home (and car) – put them at the back door or outside for when you want a smoke.
- If you're going on a longer car journey then plan where and when to stop on the journey to allow for smoking breaks. It will help you feel more positive knowing when the stop is.



Getting the right advice and support

Going smoke-free can be difficult if you don't have a balcony or garden, or there's no-one else to look after the kids.

If you're struggling can you use other opportunities to smoke, like taking out the rubbish or going to the shops? Can you take the kids to the park and smoke on the way?

You can use stop-smoking aids to tackle your smoking cravings, even if you are only trying to avoid smoking for a short time.

Nicotine gum, lozenges or inhalators can help. Electronic cigarettes are still quite new and we don't know exactly how safe or effective they are. But if you want to try using an electronic cigarette it will be much better for you and your kids than smoking tobacco.

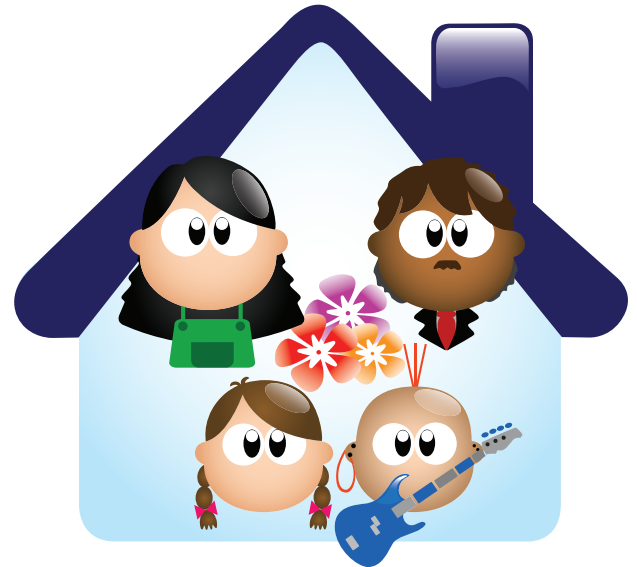
NHS smoking services have new guidelines. They can now help you to use nicotine replacement or other treatments for when you can't go outside to light up, even if you don't want to quit. Give them a call on 0800 84 84 84 for free advice and support and free NRT products.



*“If you want to try using an **electronic cigarette** it will be much better for you and your kids than smoking tobacco”*

To find out more about the effect of tobacco smoke in your home, and what you can do about it, visit:

www.rightoutside.org



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Taking Action on Smoking and Health

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