



Smokefree homes

This leaflet is about smoking in your home. It will tell you about the benefits of not smoking at home and what support you can get to stop smoking.

Who is affected when you smoke at home?

When you smoke inside your house, everyone in there is exposed to harmful secondhand tobacco smoke, including children, babies and other adults.

You can't see or smell a lot of secondhand smoke. It is important to remember that even if you can't see or smell it, your cigarette is giving off secondhand smoke.

Cigarette smoke contains over 4,000 chemicals.

People who breathe in secondhand smoke are at risk of the same diseases as smokers, including cancer and heart disease.

Babies and children are at a much greater risk from the dangers of secondhand smoke, as they breathe faster and deeper than adults.

They can be at higher risk of developing:

- asthma and chest infections
- cot death and meningitis
- glue ear (middle ear infection)
- behaviour and learning difficulties

If you smoke around your children, they can inhale the equivalent of 150 cigarettes per year.

In addition, pregnant women exposed to secondhand smoke can pass on the harmful chemicals to their unborn children.



The best thing you can do is not smoke in your home.

The home is the biggest source of tobacco
smoke.

Make a Smokefree Homes pledge today and
protect you and your family from the
dangers of tobacco smoke!



The benefits begin the minute your home becomes smoke free:

- A smoke-free home is a healthier home for you and your children.
- Your health will improve if you smoke less cigarettes.
- Your children won't see you smoking and are less likely to copy you.
- A smoke-free home is a fresher, brighter home that doesn't need decorating so often.
- A smoke-free home is a safer home - more fires in the home are caused by cigarettes than any other single cause.
- A smoke free car is more pleasant and does not smell of stale smoke.
- Your pet's health will also benefit!



Make a promise to have a smoke-free home

1. Remind yourself of the **benefits** of a smoke-free home.
2. Write down why you want a smoke-free home - this is your **promise**.
3. **Decide a date** to go smoke-free and sign the promise.
4. Contact **Smokefree Hampshire** to start your smoke-free journey.
5. Hang your promise up at home to keep you **motivated**.



How do I encourage other people living in my house to stick to the promise?

- Discuss with them how important it is to protect your family's health by having less secondhand smoke in your home.
- If people do want to continue to smoke, ask them to do it outside.
- **Will I upset visitors if I ask them not to smoke in my house?** Explain that tobacco smoke is harmful, particularly to children. Good friends and family will understand and support you.

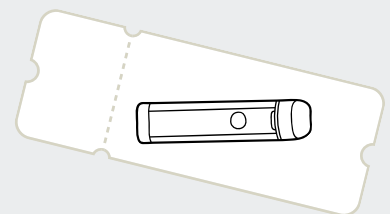
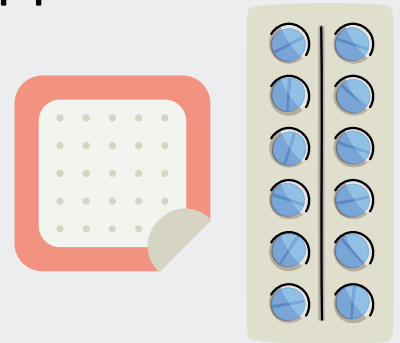
Take the Smokefree Homes challenge and protect your household from tobacco smoke.



Quit your way

Smokefree Hampshire understands everyone needs different types of support.

- We can give you free nicotine replacement therapy (NRT).
- We can arrange stop smoking medications on prescription.
- We can offer a vaping voucher if you'd like to switch to an e-cigarette.



Our advisers will support you to understand stop smoking medications, and give you tips and ideas to help you with cravings.

You can also use our Quit with Bella app on your phone.

www.quitwithbella.com





Now is the time to get rid of smoking and all its risks to protect yourself and your family.

Self-refer to Smokefree Hampshire:

Call: 01264 563039

Visit: SmokefreeHampshire.co.uk

Text: I QUIT to 66777

OR speak with a healthcare professional who can help by referring you to our services.

