

The background of the entire leaflet is a photograph of a Black man with a short haircut, smiling warmly at a young Black child. The man is wearing a grey turtleneck sweater. The child, who has braided hair, is wearing a white long-sleeved shirt and blue jeans. They are outdoors, with a blurred background of green and yellow foliage, suggesting a park or garden setting.

**"Making our home  
smokefree has been  
great for me, and her."**

**Find out how you can protect  
your family** from the dangers  
of secondhand smoke.

The Smokefree logo features a stylized icon of a person with arms raised, formed by two white diagonal lines meeting at a point, with a small white circle above it.

**SMOKEFREE**

Like a lot of people  
you might think that  
cigarette smoke is  
simply unpleasant.  
But it's much worse  
than that.

**It can be a killer.**



**Secondhand  
smoke is...**



**... a toxic cloud  
of chemicals**

**Secondhand (or passive) smoke is the smoke that you breathe in from other people's cigarettes.** This is the smoke exhaled by you, plus the smoke created by the lit end of a cigarette.

It's a mixture of gases and particles containing **over 4,500 chemicals, many of which are irritants and toxins and over 50 are known to cause cancer.**

More than **80% of secondhand smoke is invisible**, so you can't see where it goes, making it impossible to control - even if you smoke near an open window or door. **It can also linger in the air, long after you've finished smoking.**

The following pages explain the dangers of secondhand smoke and how you can protect yourself and your loved ones.

**Because going smokefree benefits everyone.**

Here are just a few of the chemicals you breathe in every time you're exposed to secondhand smoke – not pleasant reading:

# How harmful is secondhand smoke?

**Everybody's health can be affected by secondhand smoke.** People who breathe in secondhand smoke are at risk of many of the same diseases as smokers, including lung cancer and heart disease. **Breathing in secondhand smoke can increase your risk of lung cancer by 24% and heart disease by 25%.** Children are particularly vulnerable, and pregnant women who breathe in secondhand smoke can pass harmful chemicals onto their baby.

## Why are children more vulnerable?

Children are more at risk from secondhand smoke because they have a higher breathing rate and less-developed airways, lungs and immune systems. Children are also powerless to protect themselves from secondhand smoke. **Children breathing in secondhand smoke resulted in 300,000 GP visits and 9,500 hospital admissions in the UK.**

### Children exposed to secondhand smoke are more at risk of:

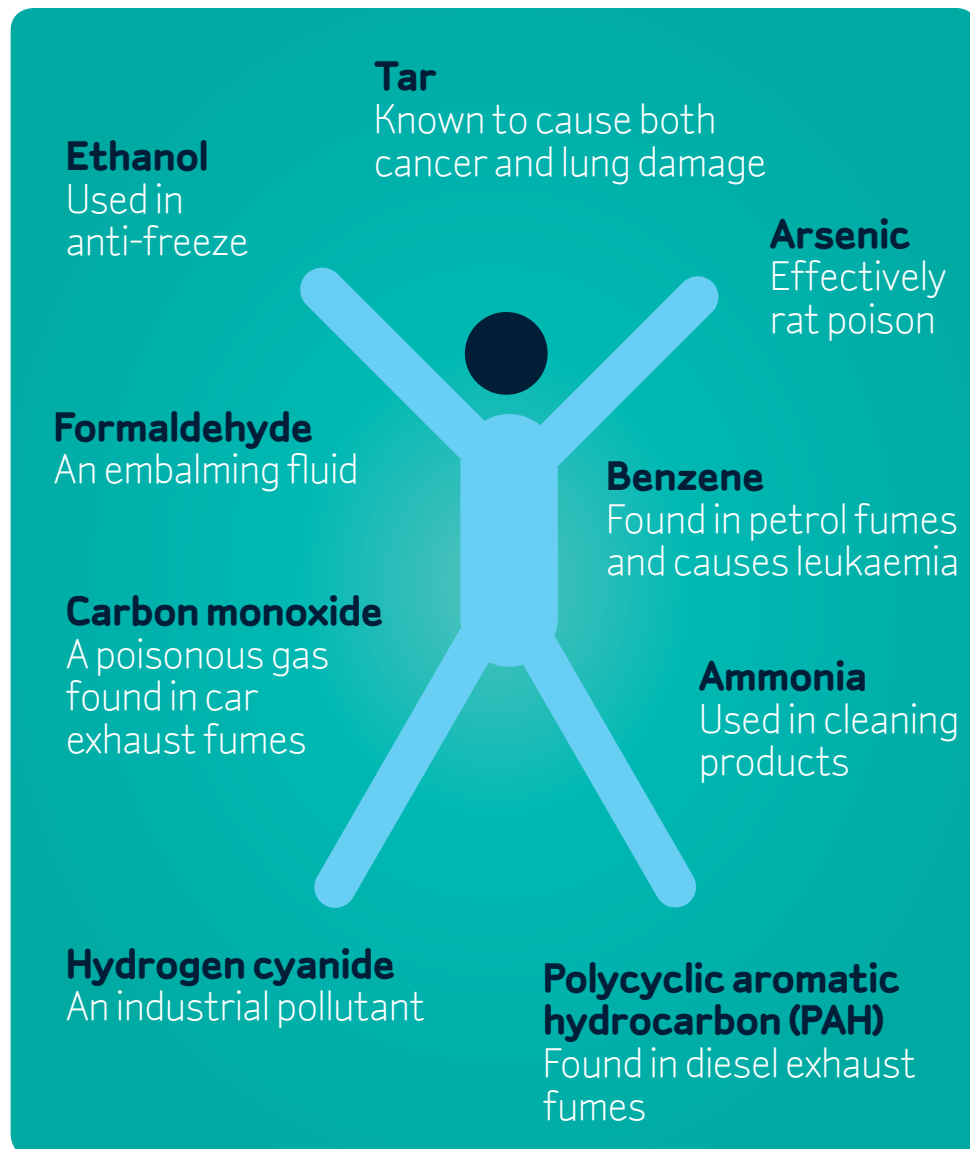
- Cot death
- Impaired lung function
- Respiratory illnesses like bronchitis and pneumonia
- Middle ear disease, which can cause deafness
- Asthma and wheeze symptoms

### Alarmingly, every year<sup>2</sup>, secondhand smoke is responsible for:

- 40 cases of cot death
- 200 cases of bacterial meningitis
- 20,000 lower respiratory tract infections
- 120,000 cases of middle ear disease
- 22,000 cases of wheezing/ asthma

Babies and children who are exposed to secondhand smoke are also more likely to get coughs and colds.<sup>1</sup>

**Secondhand smoke can also affect your pets.** Dogs who live with a smoker are 60% more likely to develop lung cancer, and cats living with a smoker are more than twice as likely to develop lymphoma (a type of cancer).





# Children are powerless to protect themselves from secondhand smoke.

**There is no safe level of secondhand smoke.** Smoking in a car with the window down or near an open door won't remove the smoke – **you can't control it.**

Smoking in just one room of the house, waving smoke away or smoking inside just when it's raining or cold will not protect your loved ones from the harms of secondhand smoke.

A completely smokefree home and car is the only way to ensure that your children and family are protected from the dangers of secondhand smoke.

There are loads of ways you and your family can benefit from making your home and car smokefree:

- Helps to protect your family from the poisons that can damage their health
- Keeps your home, car and clothes smelling fresh
- Lowers the chance of having a fire in your home
- Reduces insurance premiums
- Helps you quit smoking

To start making your home and car smokefree visit  
**[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)**  
for your free Smokefree Kit



**"My asthma is much better now Mum doesn't smoke at home."**

# Stop smoking for you and **your family**

If you could see all of the poisons in your secondhand smoke, you'd probably quit pretty quickly. **The best way to protect your loved ones is to quit altogether, making your home, your car and your life completely smokefree.**

**Everyone benefits from you choosing to quit – most of all, you.** Not only will you feel healthier and breathe more easily, but you'll significantly reduce your chance of getting a serious disease caused by smoking.

## Real life benefits:

- Cut your chances of getting heart disease
- Decrease your chances of getting lung cancer
- Have more energy for exercise
- More money for you and your family
- Look better and feel better – for life
- Less stress and anxiety.



## Feel the benefits in no time



**It's amazing how quickly you'll notice some really positive changes when you quit smoking.**

**After... 20 mins**

Your blood pressure and pulse return to normal.  
Circulation improves – especially in your hands and feet.

**8 hours**

Your blood oxygen levels return to normal and your chance of having a heart attack falls.

**24 hours**

Carbon monoxide leaves your body.  
Your lungs start to clear out mucus and debris.

**48 hours**

Congratulations! Your body is now nicotine free.  
Have you noticed how your sense of taste and smell have improved?

**72 hours**

Your breathing is easier. You have more energy.

**2-12 weeks**

Circulation is now improved throughout your body.  
It's easier for you to walk and exercise now.

**3-9 months**

Your lung efficiency is up by 5-10 per cent.  
Breathing problems are fading away.  
Say goodbye to coughing, shortness of breath and wheezing.

**5 years**

You now have only half the chance of getting a heart attack compared to a smoker.

**10 years**

The chance of you getting lung cancer is now half that of a smoker.  
Your chances of having a heart attack are now the same as someone who's never smoked.

# Breathe easy, support isn't far away.

**The NHS offers plenty of support to help you quit for good.**

## Smokefree Kit

Take the first step towards a smokefree future by ordering a free Smokefree Kit. The Smokefree Kit contains facts, tools and tips to help you on your way to a smokefree future.

**Order a free Smokefree Kit from the Smokefree website at [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)**

## Local NHS Stop Smoking Services

Developed by experts and ex-smokers and delivered by professionals, your local **NHS Stop Smoking Service** provides advice, support and encouragement to help you stop smoking for good. These offer one-to-one or group support and it's completely free of charge. You can also get stop smoking medicines. With help from your local NHS Stop Smoking Service **you're up to four times more likely to quit than if you choose to go it alone.** No wonder nine out of 10 smokers who've used a local NHS Stop Smoking Service would recommend it.

**To find your local NHS Stop Smoking Service visit: [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree) or call 0800 169 0 169.**

## Stop smoking medicines

Stop smoking medicines can help you to manage the symptoms of nicotine withdrawal. There are three types of stop smoking medicines: Champix (varenicline), Zyban (bupropion) and nicotine replacement therapy (NRT) including patches, gum, lozenges, microtabs, inhalators and nasal sprays.

**They are all available from the NHS with a prescription,** and NRT can also be bought from pharmacies and other shops (such as supermarkets) without a prescription.

**Ask your GP, pharmacist or local NHS Stop Smoking adviser about the options**

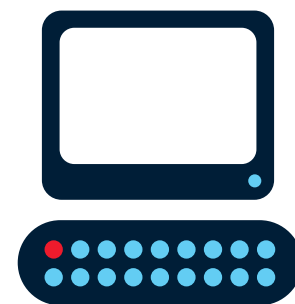
## NHS Smokefree Facebook page

The NHS Smokefree Facebook page provides online support and motivation for anyone who is quitting or thinking about quitting. You can get support from a trained adviser, as well as other people who are quitting too.

**Visit the Facebook page:**  
**[www.facebook.com/nhssmokefree](http://www.facebook.com/nhssmokefree)**

## Other support

You can also **chat to an adviser online, order support materials and find facts, tips and other information to help you quit on the Smokefree website:**  
**[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)**



1 Gilliland, F. D., Berhane, K., Islam, T., Wenten, M., Rappaport, E., Avol, E., Gauderman, W., J. McConnell, R. & Peters, J. M. (2003). Environmental tobacco smoke and absenteeism related to respiratory illness in school children. American Journal of Epidemiology, 157(10). 861-869.  
2 RCP Passive smoking and children Mar 2010.

## For free advice, help and support:

Go to **[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)**

Call Smokefree on **0800 169 0 169** (Weekdays 9am–8pm. Weekend 11am–5pm)

Or **textphone 0800 169 0 171**

To find your **local NHS Stop Smoking Service**  
text **QUIT** plus your postcode to **88088**

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**Because life's better smokefree.**

