

## Did you know?

- Over 80% of secondhand smoke is invisible.
- Cigarette smoke contains over 4000 chemicals and over 50 of these chemicals, cause cancer.
- People who breathe secondhand smoke are at risk of many of the same diseases as smokers, including cancer and heart disease.
- Babies exposed to secondhand smoke are more at risk of cot death.
- Breathing secondhand smoke increases a child's or an adult's risk of lung cancer by 24% and heart disease by 25%.
- Children breathing in other people's cigarette smoke resulted in 300,000 GP visits and 9,500 hospital admissions last year in the UK.

## Who is smoking with you?

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

### For help stopping smoking:

call

**01924 252174**

email

**ysfwakefield@swyt.nhs.uk**



Scan the QR code with your smartphone to visit our website.

<https://wakefield.yorkshiresmokefree.nhs.uk/>



Smokefree  
**homes and cars**

**Over 80% of cigarette smoke is invisible.**

**If you could see what's really there you wouldn't smoke.**

Most secondhand smoke is invisible and odourless, so even if you cannot see or smell any smoke, it is probably still there.

## **Cigarette smoke contains over 4000 chemicals and over 50 of these chemicals, cause cancer.**

People that breathe in secondhand smoke are at risk from 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 taking in more of the harmful chemicals.

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 child.

The best thing you can do is make your home and car smokefree.

The home and car is the biggest source of tobacco smoke.

Opening windows or doors, smoking in one room or smoking out of a window or door will not get rid of the tobacco smoke.

## **Smoking at home and in cars**

90% of these chemicals stick to the walls, clothes, furniture, hair and skin for up to 2 weeks.

Smoking in the home is the number one cause of house fires in England.

## **Benefits of making your home and car smokefree**

- Your children are healthier; breathing in smokefree air.
- The risk of health problems reduced
- Your house is cleaner, no more dropped ash or cigarette burns

- Your children's nose and eyes are no longer irritated by tobacco smoke
- Children are less likely to take up smoking in their teens
- You will reduce the risk of cigarette related fires
- Your pets are likely to be healthier and live longer
- You will find it easier to stop smoking when your home is smokefree.

## **How do I convince other people living in my house not to smoke inside?**

Discuss with them how important it is to protect your family's health by limiting their exposure to tobacco smoke. 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 and/or car?**

Explain that tobacco smoke is harmful, particularly to children. Good friends and family will understand and support you.