

# Smokefree Living



## Why Go Smokefree?

We all know smoking is harmful to our health. We also know it can be very hard to quit smoking. However, making your home smokefree will protect your family and your pets from developing health problems from breathing in second hand smoke. When you smoke in your home, so does everyone else in the home.

When you make your home smokefree everyone will be healthier and safer:

- New born babies will be less likely to develop respiratory infections and the risk of sudden infant death syndrome (cot death) is reduced.
- Children will be less likely to develop asthma, respiratory infections or glue ear.

The children of parents who smoke are 72 times more likely to get serious chest infections. Jarvis M et al BMJ 1985; 291:927-929.

- Pets will be less likely to suffer from respiratory problems. Cats and dogs are much more likely to develop cancer when living in a smoky home.
- You will reduce your risk of a fire if your home is smokefree.

More people in Wales die in house fires caused by smoking materials than all other causes combined



## How To Make your Home Smokefree

Make sure you go outside to smoke.

- Set up a smoking area outside
- Put an umbrella by the back door
- Remove ashtrays and lighters from your house
- Put smokefree home stickers inside your home and car – ask your kids to make smokefree signs for the house

Tell family and friends that you are making your home smokefree and why.

Help protect children by keeping their playing; sleeping and eating areas completely smokefree.

- Opening a window or waiting until after the children go to bed won't eliminate the toxins in cigarettes from your home. The best option is to smoke outside.

Avoid smoking in the car – smoke is much more concentrated in the confined space of the car.



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## Myths About Secondhand Smoke

**It's only smoke you see in the air that is harmful.**

**FACT** There are many cancer-causing substances in tobacco smoke. Even though you may not be able to see them, they remain in the air for hours.

**I only smoke when the children are out or in bed so that's OK.**

**FACT** Walls, curtains, furniture, coats and bedding in homes of smokers are contaminated with toxins that are inhaled. These toxins can accumulate over time.

**It's rude to ask guests to go outside to smoke if they are visiting.**

**FACT** Most visitors will understand that smoking outside is a way to reduce your child's exposure to secondhand smoke.

**My child is really healthy so my smoking can't be hurting them.**

**FACT** Passive smoking has been linked to risk of meningitis, learning difficulties, behavioural problems and heart disease.

**My parents smoked around me as a kid and I'm OK.**

**FACT** Secondhand smoke can have a lifelong impact. Children of smokers are more likely to become smokers themselves. Making your home smoke free sends a strong message to your children that you don't want them to smoke.



## **After You Make Your Home Smokefree**

You may notice:

- You smoke less cigarettes
- Others in the family are breathing easier
- Your sense of smell improves
- You have fewer headaches
- You feel better
- Your home smells and looks fresher

You may also want to try to quit smoking. Don't be frustrated if you have been unsuccessful in the past. Talk to your GP, pharmacist or Stop Smoking Wales advisor about your previous attempts and see if there are new ways you could try again. There are many methods, services and products available to help you quit so please don't quit on quitting.

## **For More Information Check Out**

[www.ashwales.co.uk](http://www.ashwales.co.uk)

email: [enquiries@ashwales.co.uk](mailto:enquiries@ashwales.co.uk)

029 2064 1101

## **For Support to Stop Smoking**

Stop Smoking Wales

0800 085 2219

<http://www.stopsmokingwales.com/>

## **No Smoking Day**

Check out the forum and join in to get helpful advice and support from other people who are trying to quit

<http://www.nosmokingday.org.uk/forum/>

## **Home Fire Safety**

Call 0800 169 1234 or visit [www.fireflash.org](http://www.fireflash.org) for a free home fire safety check, smoke alarms and advice from the Fire Service

## **Health Challenge Wales**

0845 606 4050

[www.wales.gov.uk/healthchallenge](http://www.wales.gov.uk/healthchallenge)

