



# Creating a smokefree home for your family

If you smoke or are trying to quit, you can help protect children, family and pregnant women by creating a smokefree home.

## What is a smokefree home?

A smokefree home is a home where nobody smokes inside, **not even by the door or window**.<sup>1</sup> This is very important in creating a safer environment for children and babies.



## Secondhand (passive) smoke: Did you know...?

Secondhand smoke is the smoke you breathe out when smoking, and from the lit end of your cigarette.<sup>1</sup>



At least **250** of the **7000+** chemicals in secondhand smoke are toxic<sup>2</sup>



Secondhand smoke is **invisible** and can **stay in the air for up to 5 hours**.<sup>3,4</sup>

If pregnant women, children or babies breathe in secondhand smoke, it can seriously harm them. It increases the risk of:

### Babies



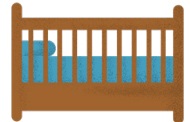
Miscarriage or stillbirth<sup>5,6</sup>



Low birth weight<sup>1</sup>

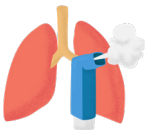


Premature birth<sup>6</sup>

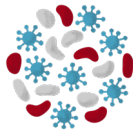


Sudden infant death syndrome<sup>5</sup>

### Children



Asthma<sup>3</sup>



Bacterial meningitis<sup>3</sup>



Middle ear infection<sup>3</sup>



Chest infection<sup>3</sup>

## Here's how you can protect your family:

Because even a little bit of secondhand smoke can be harmful, **the best way to protect your family is to quit smoking completely.**<sup>3</sup>

But if you, people you live with or any visitors are still smoking, here's how you can create a smokefree home:

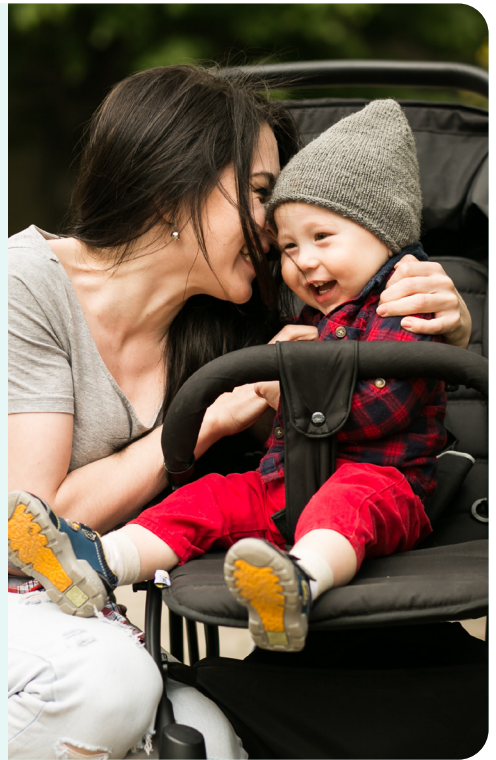
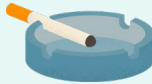
Only **smoke outside**, at least **7 steps** away from your home<sup>7</sup>



**Keep an umbrella** by the door for **bad weather**



**Get rid of anything** in your home that **reminds you of smoking**



Deciding to be smokefree can be a challenging task.

Don't blame yourself if you fall off track; remind yourself why you want to quit and remember that help is available.



## Want more information on becoming a smokefree household?

Talk to your health visitor, GP, midwife or pharmacist – or contact your local stop-smoking service.

1. NHS Smokefree. Passive smoking. Available at: <https://www.nhs.uk/smokefree/why-quit/secondhand-smoke>. Last accessed: May 2024.
2. CDC. Tobacco. Available at: [www.cdc.gov/biomonitoring/tobacco.html](http://www.cdc.gov/biomonitoring/tobacco.html). Last accessed: May 2024.
3. Cancer Research: Passive Smoking. Available at: [www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-and-cancer/what-is-passive-smoking](http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-and-cancer/what-is-passive-smoking). Last accessed: May 2024.
4. NHS Scotland Inform: Dangers of second-hand smoke. Available at: [www.nhsinform.scot/healthy-living/stopping-smoking/reasons-to-stop/dangers-of-second-hand-smoke](http://www.nhsinform.scot/healthy-living/stopping-smoking/reasons-to-stop/dangers-of-second-hand-smoke). Last accessed: May 2024.

5. WHO Report: Tobacco control to improve child health and development: thematic brief. Available at: [www.who.int/publications/item/9789240022218](http://www.who.int/publications/item/9789240022218). Last accessed: May 2024.
6. ASH: Smoking, Pregnancy and Fertility Factsheet. Available at: [www.ash.org.uk/resources/view/smoking-pregnancy-and-fertility](http://www.ash.org.uk/resources/view/smoking-pregnancy-and-fertility). Last accessed: May 2024.
7. Shrewsbury and Telford Hospital NHS Trust. Smoking and Your Baby: Advice for Parents. Available at: <https://www.sath.nhs.uk/wp-content/uploads/2020/10/smoking-and-your-baby-advice-for-parents.pdf>. Last accessed: May 2024.