

Setting the record straight about secondhand smoke

False

Once smoke has visibly cleared from the room, the danger from secondhand smoke has gone.

False

Smokers are only harming themselves so shouldn't need to consider anyone else when smoking in their own home.

False

Burning candles helps the smell go away, so the air is not filled with smoke.

False

Opening windows and doors, or restricting smoking to one room in the house will get rid of secondhand smoke.

All secondhand smoke is a danger – not just smoke we can see in the air.

fact

We actually can't see **85%** of secondhand smoke and the dangerous toxins released linger long after the smoke has cleared.

Living in the real world

The only way you can fully protect your family from secondhand smoke is if you smoke outside.

So what can you do?

Get support from local services. Make your home smoke free. Make your car smoke free.

Get in touch

Maybe in time, you will also decide to stop smoking altogether. There's lots of help available and we are happy to help.

For further information and/or support to stop smoking or to make your home smokefree contact:

Smoking Matters

Gardenhill Primary Care Centre
Castle Douglas, DG7 3EE
Email: dgsmokingmatters@nhs.net
Text: 07736 955 211

Access local confidential stop smoking clinics by calling FREE on: **0845 602 6861** or by visiting your local pharmacy.

Other useful contacts:

Smokeline: **0800 848484**

Or visit:

www.canstopsmoking.com
www.quit.org.uk
www.smokingmatters.scot.nhs.uk

This information is also available on request in other formats by phoning **0845 602 6861**

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Keep your family safe from

**second
hand
smoke**



what?

is secondhand smoke?

Most of us have heard people talking about **secondhand smoke** but few of us really understand what it is.

Secondhand smoke is smoke that is breathed in from other people's tobacco smoke. It is caused by smoke that is blown out when someone is smoking or it comes from the tip of a cigarette that has been left to burn and it contains the dangerous toxins that make smoking harmful.

fact

There are more than 4000 chemicals in every cigarette. Many poisonous substances can stay in a room or car for months after the cigarette has been stubbed out.

Secondhand smoke will:

- Quickly spread to other rooms in your house even if a window is open
- Stick to clothes, walls, furniture, carpets and toys
- Increase the risk of health problems for your family, friends and pets

why?

should I worry about dangers to children?

We all want the best for our children so make sure you protect them from the effects of **secondhand smoke**. Children and babies who live in homes or travel in cars where people smoke have a greater chance of:

- Becoming ill with coughs and ear infections
- Suffering from on-going chest problems such as wheezing, asthma and bronchitis
- Dying from cot death (Sudden Infant Death Syndrome – SIDS)

fact

Children are more at risk because:

- Their lungs are still growing
- Their immune system is still developing

fact

Each year in Britain, 9500 children are admitted to hospital because of the effects of secondhand smoke.

what?

can I do to keep my family safe from secondhand smoke?

- Make your home a smoke free home and ask friends and family to smoke outside
- Avoid smoking or allowing other people to smoke in your car at all times

fact

Children learn habits from the people closest to them. If they live with someone who smokes they are 3 times more likely to smoke themselves when they grow up.

fact

It is illegal to smoke in a car with passengers who are under the age of 18.

