



Creating a smokefree home for your family

As someone who smokes, you can help protect children, family and pregnant mothers 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.¹ This is very important in creating a safer environment for children and babies.



What is secondhand smoke?

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



At least **250** of the **7000+** chemicals in secondhand smoke are toxic²



Secondhand smoke is invisible, and can **stay in the air for up to 5 hours**^{3,4}

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

Babies and/or pregnant women



Miscarriage or stillbirth⁵



Premature birth⁵



Low birth weight

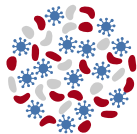


Sudden infant death syndrome⁵

Children



Asthma³



Bacterial meningitis³



Middle ear infection³



Chest infection³

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.³ That way, they are not exposed to secondhand smoke and it isn't on your breath, skin, hair or clothes.³ Make sure visitors are not smoking in your home either. Here's how you can create a smokefree home:

Only **smoke outside**, at least 10 metres, or seven steps, away from your home



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 carry on. Know that you're not alone.



Want more information on becoming a smokefree household?

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

- 1. FRESH Quit. Smokefree families. Available at: <https://www.freshquit.co.uk/smoke-free-families/#:~:text=Secondhand%20smoke%20is%20a%20mix%20of%20the%20smoke,even%20more%20toxic%20than%20the%20smoke%20you%20inhale>. Last accessed: February 2024.
- 2. CDC. Tobacco. Available at: www.cdc.gov/biomonitoring/tobacco.html. Last accessed: February 2024.
- 3. Cancer Research: Passive Smoking. Available at: www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-and-cancer/what-is-passive-smoking. Last accessed: February 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. Last accessed: February 2024.
- 5. ASH: Smoking, Pregnancy and Fertility Factsheet. Available at: www.ash.org.uk/resources/view/smoking-pregnancy-and-fertility. Last accessed: February 2024.