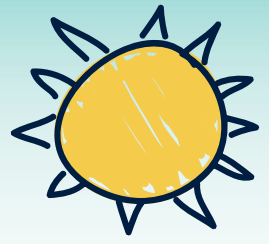


Secondhand smoke and your child



**Protect your loved ones.
Always smoke outside**



The facts about secondhand smoke

What is it?

A combination of exhaled smoke and smoke from the end of a burning cigarette.

Is it harmful?

Yes, it contains:

- **4,000** chemicals including tar and poisonous gases.
- **85%** of this smoke is invisible and has no smell.

It lingers in the air, quickly spreading to other rooms in the house even with the windows open.

What health problems can it cause?

Secondhand smoke can cause cancer and heart disease in adults. Babies, children and young people are more sensitive to tobacco smoke. Their lungs are not fully developed and their immune system is less resistant to the infections caused by breathing in smoke.

Reduce the risk to your family

The primary source of exposure to secondhand smoke is smoking in the home. The best thing you can do is make your home smokefree. By doing this you will immediately reduce the risk to your family of:

- **Coughing and wheezing**
- **Asthma**
- **Cot death**
- **Behaviour problems**
- **Meningitis**
- **Learning difficulties**
- **Middle ear infection**
- **Heart disease**
- **Lung cancer**
- **Chest infections**

Making your home and car smokefree

What you can do

- ✓ Always ensure that your home remains smokefree.
- ✓ You may wish to discuss the harms that tobacco smoke can do to children's health with family and friends. You could show them this leaflet.
- ✓ Let visitors know that your home is smokefree and if they smoke ask them for their support by smoking outside when they visit.
- ✓ Smoke away from any open doors and windows.
- ✓ Make sure your children are safe when you go outside to smoke. If they are too young to be left alone, let them play outdoors where you can see them.



**Did
you
know ?**

Smoking in the car is especially harmful.

Most cars are airtight and the smoke has no place to escape. If you open a window the airflow is changed and the smoke is directed at those sitting in the backseat. It has been illegal to smoke in a private vehicle carrying children under the age of 18 since 2015, to protect them from the dangers of secondhand smoke.



Benefits of making your home smokefree

- 4,000 tobacco chemicals are no longer polluting the air.
- Your children will be healthier.
- The risk of health problems will be reduced.
- House is cleaner and smells nicer.
- Children are less likely to become smokers themselves.
- Smoking is the main cause of fires in the home so this risk is reduced.



For more information on protecting your family from the dangers of secondhand smoke, scan the QR code or visit:

www.cypsomersethealth.org



If you decide to stop smoking altogether there is lots of help available.

When you are ready phone Smokefree Somerset on **01823 356222**, scan the QR code or visit:

www.smokefreesomerset.org.uk



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