

THE FACTS

ash wales
cymru
action on smoking and health

Smoking in the Home

Smoking in your home poses a huge risk of second-hand smoke, and accidental fire.



80% of cigarette smoke in the home is completely invisible.

After you stub out your cigarette, the smoke lingers in the home for up to five hours.



Not only are children at higher risk of disease, but pets can suffer too. They're at higher risk of breathing problems and cancer.



But I've opened the window or door, that helps, doesn't it? Nope. Smoking in separate rooms, opening windows, using an extractor fan or air purifiers – they don't work. That toxic smoke is still lingering like an unwanted guest!

Can it really cause a fire?

Absolutely. Smoking materials are one of the largest causes of accidental fires in Wales and lead to deaths each year. Not just your cigarette but your lighters as well as vapes and their chargers.



Concerned about fire safety?

Ensure your smoke alarm is working. Contact your local fire service for advice, or contact your landlord, letting agent, or housing association as soon as possible.

Protect your home, family and pets – stop smoking in the home.

Take it outside and take at least 6 steps away from your door. Stub it out and dispose safely.

More about smoking in the home and advice on how to quit at ash.wales:



ash.wales

Y FFEITHIAU

ash wales
cymru
action on smoking and health

Ysmygu yn y Cartref

Mae ysmygu yn eich cartref yn peri risg enfawr o mwg ail-law, a thŷn damweiniol.



Mae 80% o fwg sigarêts yn y cartref yn gwbl anweledig.

Ar ôl i chi ddiffodd eich sigarét, mae'r mwg yn aros yn y cartref am hyd at bum awr.

Nid yn unig y mae plant mewn mwy o berygl o gael afiechyd, ond gall anifeiliaid anwes ddioddef hefyd. Maen nhw mewn mwy o berygl o gael problemau anadlu a chanser.



Ond rydw i wedi agor y ffenestr neu'r drws, mae hynny'n helpu, yn tydi?

Naddo. Ysmygu mewn ystafelloedd ar wahân, agor ffenestri, defnyddio gwyntyll echdynnu neu beiriant purifier aer - dydyn nhw ddim yn gweithio. Mae'r mwg gwenwynig hwnnw'n dal i aros fel gwestai digroeso!

A all achosi tân mewn gwirionedd?

Yn hollol. Deunyddiau ysmygu yw un o achosion mwyaf tanau damweiniol yng Nghymru ac mae'n arwain at farwolaethau bob blwyddyn. Nid yn unig eich sigarét ond eich tanwyr yn ogystal â vapes a'u gwefrwyrr.



Poeni am ddiogelwch tân?

Sicrhewch fod eich larwm mwg yn gweithio. Cysylltwch â'ch gwasanaeth tân lleol am gyngor, neu cysylltwch â'ch landlord, asiant gosod tai, neu gymdeithas tai cyn gynted â phosibl.

Diogelwch eich cartref, teulu, ac anifeiliaid anwes – rhwch y gorau i ysmygu yn y cartref.

Ewch ag ef y tu allan a chymerwch o leiaf 6 cham i ffwrdd o'ch drws. Tynnwch ef allan a gwaredwch yn ddiogel.

Mwy am ysmygu yn y cartref a chyngor ar sut i roi'r gorau iddi at ash.wales:



ash.wales