



 **SMOKEFREE
HOMES**
INFORMATION PACK

**THERE'S NO PLACE LIKE A
SMOKEFREE HOME**

ash wales
cymru
action on smoking and health

**HELPA FFI
STOPIO
HELP ME
QUIT**

Ewch i helpafistopio.cymru
neu teestiwch HMQ i 80818.
Visit helpmequit.wales
or text HMQ to 80818.
0800 085 2219

THE HOME IS THE #1 PLACE WHERE CHILDREN AND PETS ARE MORE LIKELY TO BE EXPOSED TO SECOND-HAND SMOKE

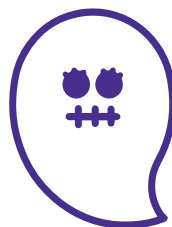
This booklet answers frequently asked questions to help you make the decision as to whether or not your home should be smokefree.

Second-hand smoke is just a myth isn't it?

No! 80% of cigarette smoke is invisible. The invisible poisons from just one cigarette can stay in a room for up to five hours. It is made up of particles smaller than household dust, so it moves easily from room to room.

Second-hand smoke causes nearly 11,000 deaths a year in the UK and is responsible for:

- 1% of all deaths worldwide
- 300,000 UK GP consultations every year
- 9,500 UK hospital admissions
- 1 out of 5 of every sudden infant deaths (SIDS)



So... why go smokefree?

For your kids?



Children are much more vulnerable to second-hand smoke than adults. They have small airways and breathe faster, their lungs and immune systems are still developing. This means they're more at risk of coughs, colds, ear problems, chest infections, wheezing, asthma, breathlessness and poor lung function. It is estimated that in the UK around 2 million children are regularly exposed to second-hand smoke in the home.



For your pets?

Like children, our pets have small lungs. When someone smokes around them, they lick and ingest the smoke particles clinging to their fur. Second-paw smoke can cause breathing problems, asthmatic-like symptoms and cancer in cats, dogs, rabbits, birds even your goldfish!



For your furniture

Third-hand smoke consists of tobacco residue left behind after smoking. It builds up on surfaces and stains light coloured furnishings. Children can ingest third-hand by putting their hands in their mouths after touching contaminated surfaces, such as furniture and toys.



For your neighbours

Smoke drift is the name for indirect second-hand smoke from other people's homes. Low levels of exposure may cause irritation to the eyes and lungs, nausea and headaches as well as creating an unpleasant smell in neighbouring properties.



Risk of fire

In the UK, someone dies from a fire caused by smoking every 3 days. In 2014/15, 163 fires were caused by smoking materials in Wales.

Using an e-cig indoors? Take extra care with the chargers as these have also caused house fires across Wales. Make sure they are not left charging for long periods of time or when no one is home and avoid counterfeit or substandard goods.

Okay, what if I just open the window?

People often think that they can remove the risk from second-hand smoke exposure by opening windows or doors, not smoking in front of the kids, smoking in one room, smoking under an extractor fan or using air purifiers, fresheners or candles. **None of these work!**

The only way to completely reduce exposure to second-hand smoke is by smoking outside the home and closing the door.



What are the benefits then?



Money, money, money!

Ditch the cigs altogether and you could save a lot of money. Smoke 20 cigs a day? You could save up to £2920! Holiday anyone?



Less trips to the doctors

Children will need less trips to the doctor for eye, ear and chest problems and are less likely to develop asthma.



Less trips to the vets

Pets will be healthier and less likely to develop breathing problems or cancer – saving on those pesky vet bills.



Less risk of a house fire...

and the house will no longer smell of cigarettes!

Where do I start? How can I make my home smokefree?



Set a date to make your home smokefree. Have a small family get together on the date you have chosen to celebrate.



Tell family and friends - ask them for support. You are not asking them to stop smoking but to smoke outside when they visit.



Get rid of any ashtrays in the house. If you have outside space keep one out there.



Text visitors in advance, especially if they're used to lighting up in your house. Let them know they will have to smoke outside.



Have kids in the family? **Get them to design no smoking signs** for the house as a reminder that it's a smokefree place.



Write a list of things to distract you, or a list of reasons why your home is smokefree. Look at this when a craving strikes.

Okay but where am I going to smoke?

If you have outside space, take a look at these top tips.



Create a comfy space outside. Keep an ashtray and don't drop the butts.



In case of rain, leave an umbrella or jacket by the door.



Ask a friend or neighbour to mind the kids while you pop out. Or make sure they are safe indoors before stepping outside.



Close any windows and doors near where you smoke to ensure smoke doesn't seep through.

And what if I don't have a garden or anything?

You can still have a smokefree home. Take a look at these top tips!



Use nicotine spray, gum, patches or e-cigs to get you through the day, when you're indoors.



Take different opportunities to smoke, like when you're taking rubbish out or walking to the shops.



Is there a safe area outside where the children can play while you have a cigarette?

Okay I'm in and want to quit smoking! Where can I go?

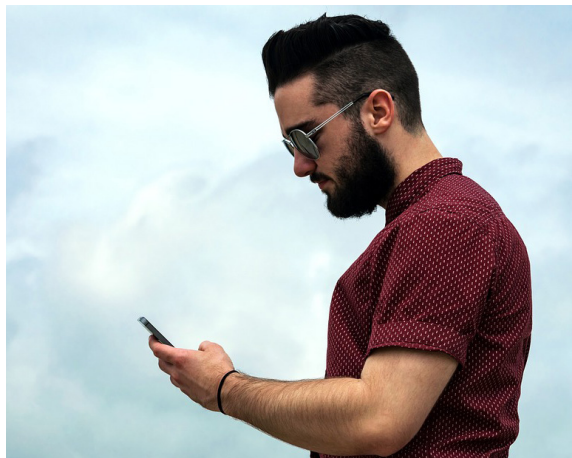
Help Me Quit

They will help you to pick the best way to quit, whether that's telephone support, one-to-one or group meetings or the local pharmacy. They can also recommend which nicotine replacements, such as patches or gum, are best for you.

Visit: helpmequit.wales

Phone: 0800 085 2219

Text: HMQ to 80818



Online support

We have a free, online community where you can get friendly advice from other quitters as well as daily tips and motivation straight to your Facebook feed. We also offer quick, online advice on anything to do with smoking or quitting.

Send us a Facebook message:
[/smokefreewales](https://www.facebook.com/smokefreewales)

Under 25?

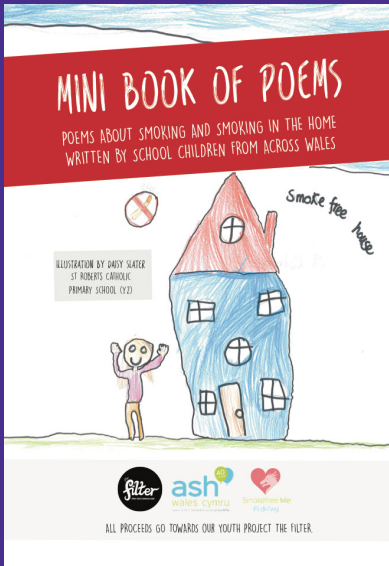
Visit The Filter Wales! They offer individual support via Twitter and Facebook. They've also got a website jammed full of facts and information about quitting smoking.

Visit: thefilterwales.org

Tweet: [@thefilterwales](https://twitter.com/thefilterwales)

Facebook: [/thefilterwales](https://www.facebook.com/thefilterwales)





POEM BY MARED SEELEY YSGOL PEN Y GARTH (Y6)

I live in a house full of smoke,
It makes me cough, it makes me choke.

I now have asthma and it makes me wheeze,
I can't run or jump and do as I please.

I've warned her that her lungs are as
black as the feathers on a crow,
But she carries on and just says no.

It's not just her she's affecting,
She's also affecting me,
And as the misty ash rises, I think
About how someday I will be free.



South Wales
Fire and Rescue Service



Gwasanaeth Tân ac Achub
De Cymru



Action on Smoking and Health (ASH) Wales Cymru is a registered charity (1120834)

