

Setting the record straight about secondhand smoke

FALSE

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

FALSE

If I wind down the windows in my car and try to blow the smoke out, the smoke isn't in the car at all.

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.

Fact

All secondhand smoke is a danger - not just smoke we can see in the air. We actually can't see 85% of secondhand smoke.

Living in the real world

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

Lots of people we talk to would like to smoke outside but say that it can be difficult for lots of reasons.

So what can you do?

- Think about the different things you can do to reduce the risk of exposing your family to **secondhand smoke**.
- Perhaps a first step might be to stop smoking in the car.
- If you smoke and want to cut down, try using nicotine replacement therapy, especially when you are with your children.

Contact us

Maybe in time, you will decide to stop smoking altogether. There's lots of help available and we are happy to help. For further information and support please contact:

Quit Your Way - with our support (formerly Smokefree Hebrides)

Health Promotion Department, Block 11, Laxdale Court, Stornoway, Isle of Lewis, HS2 0GS

Lewis and Harris 01851 701623
Uist 01870 602588
Barra 01871 810895

E-mail: hebrides.quityourway@nhs.net
Web: www.promotionswi.scot.nhs.uk

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website www.wihb.scot.nhs.uk/feedback or share your story at - www.careopinion.org.uk or 0800 122 31 35
- Tel. 01851 704704 (ext 2408) on a Tuesday and Friday afternoon between 1pm and 4pm.

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**QUIT
YOUR
WAY**
with our
support

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NHS Western Isles

**second
hand
smoke**



Helping you to keep your family safe from the dangers of secondhand 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 the cigarette that has been left to burn.

Fact

There are more than **4000 chemicals** in every cigarette. Many **poisonous substances** stay in a room or car 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 the 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 danger 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

Children can actually breathe in the smoke of around **150 cigarettes a year** when adults smoke around them.

what

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

- Make your home smoke free 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.

