

# SMOKEFREE HOME

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STOPPING SMOKING STARTS HERE



Creating a safe and healthy home for you, your family, friends and pets.

This leaflet is about smoking in your home. It will tell you what changes you can make to create a smokefree home, the benefits of not smoking at home and what support you can get to stop smoking.



Visit [www.smokefreestarts.co.uk](http://www.smokefreestarts.co.uk) or scan the QR below to start your quit journey.





# Why do I need to make my home smokefree?

## Second Hand Smoke

Second hand smoke is a mixture of the smoke given off by the burning end of a cigarette and the smoke breathed out by smokers.

When you smoke inside your home, children, babies, other adults, and pets are exposed to harmful second-hand smoke.

Second hand contains more than **7500 toxic chemicals** which are released into the air and harmful to smokers and non-smokers.

70 of these toxic chemicals are linked to **cancer**.



**Smoke can linger in the air for up to 5 hours after you've finished a cigarette, even with a window open.**

The toxic chemicals in the smoke can build up inside your home over time and cling to soft furnishings, including bedding, carpets, curtains and clothing, prolonging you and your family's exposure to smoke!

# How does second hand smoke affect my friends & family?



**Did you know? 80% of smoke is invisible and impossible to control.**

1. People who breathe in second hand smoke are at an increased risk of developing health conditions like cancer and heart disease, just as smokers are.
2. Children and babies breathe faster and deeper than adults making them much more at risk of developing asthma and chest infections, meningitis, and sudden infant death syndrome because of the harmful chemicals.
3. Pregnant women exposed to second-hand smoke can pass on the harmful chemicals to their unborn children.
4. Toxic chemicals can cling to your pet's fur and cause harm when they groom themselves. They are also at risk of developing the same diseases as humans through smoke exposure.



# How do I make my home smokefree?



**Quit Smoking:** The best way to create a smokefree home is to quit smoking. Quitting with support is much more effective than going alone. Speak to your free local stop smoking service to quit.

**Find your local service:**

[doncaster.yorkshiresmokefree.nhs.uk](https://doncaster.yorkshiresmokefree.nhs.uk)  
0800 612 0011 (free from landline)  
0330 660 1166 (free from landline)



**Take it Outside:** If you are not ready to quit, the only way to protect your loved ones is to smoke outside and away from your home. Remember to close any doors and windows behind you.

**Swap to e-cigarettes:** E-cigarettes are far less harmful to health and there is no evidence to suggest second hand smoke is a risk to others. They are also a useful tool in helping people quit smoking.

Use the smokefree homes checklist to help you make your home smokefree!

# What are the benefits of making my home smokefree?

- If you smoke, you may find it **easier** to give up or cut down.
- A smokefree home will help you save money. An average smoker spends approximately £47 per week on cigarettes and tobacco, meaning quitting could add an extra **£2,486** in your pocket each year. The more smokers per household the more you are likely to save.
- Your children will be **healthier** and less likely to miss school through illness.
- Your children will be **less likely** to start smoking - Did you know, children who grow up around smokers, are three times more likely to smoke themselves compared to those who grow up in a smokefree home.
- You may find yourself **not** having to replace soft furnishings because of accidental cigarette burns on them.
- You will be **less likely** to have a **house fire**. Cigarettes are the leading cause of household fires. By stopping smoking in your home, you can significantly reduce the risk of fire, potentially saving lives.
- Your home will be **cleaner and fresher**, and it will not need decorating as often because of smoke damage.
- Your **pets** are likely to be healthier and **live longer**.





# FAQ

## Frequently Asked Questions

### **I live in a house with a smoker, how do I convince them to smoke outside?**

Share this leaflet with them. Discuss how important it is to protect your family's health by reducing their exposure to tobacco smoke. They may want to stop smoking altogether, if they do, encourage them to get in touch with the stop smoking service, they have a much better chance of quitting for good with professional support.

### **How do you convince other people to stop smoking in your house?**

Explain that tobacco smoke is harmful, particularly to children. Good friends and family will understand and support you. Discuss with them how important it is to protect your family's health by limiting their exposure to tobacco smoke. If people do want to continue to smoke, ask them to do it outside.

### **I have young children; I can't leave them in the house alone to go outside to smoke**

Your children can come with you, it's much safer for them to be outside with you whilst you smoke, than to be exposed to second-hand smoke in the home. It's also a great opportunity for them to get outside, enjoy the fresh air and play outdoors!

### **I don't have a garden, so how can I smoke outdoors?**

Not having an outdoor space can be a real challenge for people who want to make their home smokefree. Nicotine replacements such as patches and gum can help keep the cravings at bay when you aren't able to get out. Include your outdoor smoking break with other activities, such as taking out the rubbish.

### **What about smoking in my car?**

Never smoke in a vehicle, the concentration of chemicals from second hand smoke is much higher in your vehicle. Even if you open a window or use the air conditioning, harmful particles will remain. Remember: Smoking in cars with children under 18 is against the law in the UK.

**Use the resources at the back of this leaflet to help you on your way to creating a smokefree home and starting your quit journey!**

# Tips for a Smokefree Home



## Give your car and home a thorough clean



Once you have decided to have a smokefree home, give your home and car a through clean. Chemicals from cigarettes can gather in house dust and linger on soft furnishings.



## Remove smoking related objects from your home



Remove cigarettes and ash trays to support you on your journey. if you continue to smoke keep them out of reach and sight of children.



## Close the windows and doors behind you



If you are not ready to quit, take it outside. Where possible and safe, close the door and windows behind you to prevent smoke travelling back in.



## Wash your hands and change your clothes



Chemicals from smoke remain on your hands and clothes after a cigarette. Wash your hands and change your clothes, if possible and don't hug/ kiss or hold babies or children until you have done so.



## Tell your friends and family



Tell Friends and family that you are going smoke free and ask for their support. This way they are prepared when they next visit your home.



## Keep a coat, shoes and umbrella by the front or back door



If you are not ready to quit smoking, place a coat, shoes and an umbrella by the door ready to go outside for a cigarette. The easier it is to go outside, the more likely you are to do it and stick to it.



# Your Pledge

Involve your children, get them to create a smokefree poster. You can use it to remind your visitors that there is no smoking in your home and use it as a reminder to why you have made your pledge to create a smokefree home.

I commit to keep my  
home smokefree



**Signature:**

**Date:**

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**Get the support you need  
to increase your chances of  
stopping smoking for good.**

**There is free local support available  
to help you quit smoking in a way  
that works for you.**



Scan the QR code or visit  
**[smokefreestarts.co.uk](https://smokefreestarts.co.uk)**  
to start your journey  
towards stopping.