

## Setting the record straight about secondhand smoke

### False

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

### False

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

### False

Burning candles helps the smell go away.

### 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 take it right 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?

- Refrain from smoking until you are able to go outside i.e. on your way to the shops or when taking the rubbish out.
- If you smoke at home and can't get outside, try nicotine replacement therapy, especially when you are with children.
- Ask visitors who are smokers to go right outside to smoke or find other opportunities to smoke, like on their way to your house?

## Get in touch

Maybe in time, you will also decide to stop smoking altogether. There's lots of help available and we are happy to help.

Call Quit Your Way on: **0800 84 84 84**  
or visit our website:  
[www.nhsggc.org.uk/quityourway](http://www.nhsggc.org.uk/quityourway)

Follow us at: [www.facebook.com/quityourwaynhsggc](https://www.facebook.com/quityourwaynhsggc)

**Additional information**  
Visit: [www.rightoutside.org](http://www.rightoutside.org)

Keep your family safe from

**second  
hand  
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 cigarette smoke. Many toxic substances can stay in a room or car after the cigarette has been stubbed out.

When you smoke indoors your secondhand smoke lingers in the air. You can't see or smell it, but it's there.

The harmful chemicals creep from room to room for up to 5 hours, waiting for your child to breathe them in - even with the windows open and doors closed.

# why?

should I worry about 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 chance of:

- Becoming ill with coughs, colds and ear infections
- Suffering from on-going chest problems such as wheezing, asthma and bronchitis

**fact**  
Secondhand smoke causes around **40 sudden infant deaths** in the UK each year.  
Royal College of Physicians Report (March 2010)

**fact**  
Children are more at risk because:

- Their lungs are still growing.
- Their immune system is still developing.
- They have smaller airways and breathe faster.

**fact**  
Secondhand smoke can trigger an asthma attack and more severe and frequent attacks in children with the condition.

# what?

can I do to keep my family safe from secondhand smoke

- Make your home smoke free by asking friends and family to smoke right outside.
- Don't smoke or allow other people to smoke in your car.

**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.

**fact**  
Smoking in a vehicle with anyone under the age of **18** is now illegal and you can be fined **£100**.

We're on board.



protectyourkids.scot

