



LOCAL NHS STOP SMOKING SERVICES

For one-to-one or group-based advice. Just text

GIVE UP plus your postcode to **88088**

NHS Smoking Helpline

7am-11pm every day

0800 169 0 169

Textphone

0800 169 0 171

For free advice, help and support

For online help and support and
the chance to 'Ask an Expert'

GOSMOKEFREE.CO.UK

For more information about
the **smokefree** legislation

SMOKEFREEENGLAND.CO.UK

NHS Pregnancy Smoking Helpline

12pm-9pm every day

0800 169 9 169

NHS Asian Tobacco Helplines

1pm-9pm Tuesdays

0800 169 0 881 URDU

0800 169 0 882 PUNJABI

0800 169 0 883 HINDI

0800 169 0 884 GUJARATI

0800 169 0 885 BENGALI

SECONDHAND SMOKE KILLS

Find out how to get some breathing space.



POLLUTE PURIFY

Like a lot of people, you might think that other people's tobacco smoke is simply a bit unpleasant. But it's much worse than that. Secondhand smoke is harmful to health.

It's safest to be where people aren't smoking at all. And that will become much easier from 1 July 2007, when virtually all enclosed public places and workplaces in England become smokefree.

Secondhand smoke is a killer. It's time to face the facts. The following pages give you the who, what, where, when and why of secondhand smoke.



FACT
SECONDHAND SMOKE
HARMS EVERYONE –
NON-SMOKERS,
EX-SMOKERS AND
SMOKERS ALIKE

FACT
IT EXPOSES BABIES
TO A GREATER RISK
OF SIDS DEATH

FACT
SECONDHAND SMOKE
CAUSES HEART
DISEASE AND
LUNG CANCER

WHO? YOU

Being in a smoky atmosphere immediately puts your body under pressure. Your eyes may become sore. You could start coughing. You may even feel sick. As well as these unpleasant symptoms is the more serious long-term damage that is being done to your vital organs.

Breathing in secondhand smoke is dangerous. Scientific evidence now clearly shows the link between secondhand smoke and many life threatening conditions:

- Risk of lung cancer up by 24%
- Risk of heart disease up by 25%.

Source: Scientific Committee on Tobacco and Health

Breathing in secondhand smoke can trigger asthma attacks and also increase your chances of developing breathing or other chest problems.

If children breathe in secondhand smoke their chance of getting asthma doubles. And if they already have asthma, it's definitely making their breathing worse.

FACT

SECONDHAND SMOKE
IS COMPOSED OF OVER
4000 CHEMICALS

FACT

YOU NEVER KNOW WHERE
IT IS, BECAUSE 85% OF IT
IS INVISIBLE

FACT

SO WAVING AWAY
ANY SMOKE YOU CAN
SEE IS POINTLESS



WHAT WHERE

Secondhand smoke is not just breathed out by smokers. Most of it comes directly from the lit ends of cigarettes and cigars and, because it's unfiltered, is the most toxic sort.

The toxic substances in secondhand smoke include over 69 cancer-causing chemicals. They're the kind of thing you would never choose to inflict on anyone..

CHEMICALS IN SECONDHAND SMOKE

Tar – a mixture of dangerous chemicals

Arsenic – used in wood preservatives

Benzene – an industrial solvent, refined from crude oil

Cadmium – used in batteries

Formaldehyde – used in mortuaries and paint manufacturing

Chromium – used to manufacture dye, paints and alloys

Butadiene – used in rubber manufacturing

Polycyclic aromatic hydrocarbons – a group of dangerous DNA-damaging chemicals

Acrolein – formerly used as a chemical weapon



TIME WHEN

Secondhand tobacco smoke can really hang around. The best thing to do is to make your home completely smokefree.

Young children are particularly vulnerable to secondhand smoke because their bodies are still developing. They can get breathing problems, middle ear infections and asthma attacks. And they are more likely to have to go to hospital in their first year of life.

Pregnant women exposed to secondhand smoke can pass on the harmful chemicals to their babies.

For more information on how to protect your home from secondhand smoke, visit us at GOSMOKEFREE.CO.UK

FACT
SECONDHAND SMOKE CAN LINGER FOR TWO AND A HALF HOURS, EVEN WITH A WINDOW OPEN

FACT
95% OF DEATHS ASSOCIATED WITH SECONDHAND SMOKE ARE FROM EXPOSURE IN THE HOME

FACT

LOT DEATH IS FIVE TIMES MORE LIKELY WHEN THERE'S SECONDHAND SMOKE AROUND



WHY GOODBYE

On Sunday 1 July 2007, virtually all enclosed public places and workplaces will become smokefree. This new law means everyone will be protected from the harmful effects of secondhand smoke, not just at work, but also in bars, clubs, pubs and restaurants.

In the meantime, there are some things you can do to protect yourself from secondhand smoke:

- Go to smokefree venues.
- Choose smokefree taxis.
- Always keep your home and car smokefree. Ask visitors to smoke outside and before they get in your car.
- Have the confidence to ask people to stop smoking around you.

And if you're a smoker, protect your friends and colleagues, as well as your home, by always smoking outside.

For more information about how the smokefree legislation will affect you, visit us at SMOKEFREEENGLAND.CO.UK

FACT

ONLY 51% OF WORKPLACES
ARE SMOKEFREE

FACT

SECONDHAND SMOKE IS HARD TO
SNIFF OUT, BECAUSE 85%
OF IT IS ODOURLESS

FACT

SECONDHAND SMOKE IS THE REASON
WHY ALL WORKPLACES WILL SOON
HAVE TO BE SMOKEFREE





REACTION RECOVERY

If you're a smoker, the best way to protect your friends and family from the harm caused by secondhand smoke is to go smokefree completely. Everyone benefits – most of all, you.

Going smokefree means you can join everyone else when England goes smokefree. Not only will you feel healthier and breathe more easily, but you'll avoid the serious diseases associated with smoking. Your life gets so much better when you go smokefree:

- Cut your chances of getting heart disease
- Decrease your chances of getting lung cancer
- Have more energy for sudden exertions
- Save cash
- Look better and feel better.

20

MINUTES

Your blood pressure and pulse return to normal. Circulation improves – especially in your hands and feet.

8

HOURS

Your blood oxygen levels return to normal and your chance of having a heart attack falls.

24

HOURS

Carbon monoxide leaves your body. Your lungs start to clear out mucus and debris.

48

HOURS

Congratulations. Your body is now nicotine free. And have you noticed how your sense of taste and smell have improved?

72

HOURS

Your breathing is easier. You have more energy.

2-12

WEEKS

Circulation is now improved throughout your body. It's easier for you to walk and exercise now.

3-9

MONTHS

Your lung efficiency is up by 5-10 per cent. Breathing problems are fading away. Say goodbye to coughing, shortness of breath and wheezing.

5

YEARS

You now have only half the chance of getting a heart attack compared to a smoker.

10

YEARS

The chance of you getting lung cancer is now half that of a smoker. Your chances of having a heart attack are now the same as someone who's never smoked.

INHALE INSPIRE

The NHS offers a range of free support to help you go smokefree. Choose the right method, or combination of methods, to suit you and the way you live your life.

LOCAL NHS STOP SMOKING SERVICES

Get advice and work with a trained adviser, either one-to-one or in a group. You're up to four times more likely to succeed if you go smokefree this way and use NRT.

NICOTINE REPLACEMENT THERAPY (NRT)

NRT products can really help you break the addiction. They're available in lots of different forms, from gum and patches, to nasal spray and inhalators. And they double your chances of success.

TOGETHER PROGRAMME

This is a great method if you're too busy for regular appointments. It's been designed by experts and ex-smokers. Get free support in the shape of information packs, supportive text messages, phone calls and emails at the crucial times.

If you're not a smoker, you can still support friends and family when they choose to go smokefree.

To find out more about the help on offer:

call the NHS Smoking Helpline
on [0800 169 0 169](tel:08001690169) or visit
[GOSMOKEFREE.CO.UK](https://www.gov.uk/gosmokefree)

