

▲ The impact of secondhand smoke

smoking in pregnancy
challenge group ●

Each year secondhand smoke exposure in children results in

>20,000

cases of lower
respiratory tract
infection



22,000

new cases of
asthma and wheeze



120,000

cases of middle ear
disease



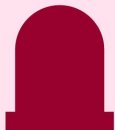
200

cases of bacterial
meningitis



40

sudden unexpected
deaths in infancy



300,000

GP visits



9,500

hospital admissions



£23.3m

cost to NHS



Why smoking matters

- Exposure to secondhand smoke – the smoke you breathe in when someone smokes around you – **poses serious risks to a child's health.**
- Growing up in a smoking household **increases the likelihood** that a child will become a smoker themselves.

What support is available

- Healthcare workers should refer you to a local stop smoking service where you can get support and advice on quitting and **keeping your home smokefree.**
- **Quit together.** You stand a better chance of quitting smoking if your **partner or family members quit with you.**

Benefits of being smokefree

- Your home will be **free from cigarette smoke for your child.**
- The children of non-smokers have **fewer illnesses** and they are less likely to become smokers themselves.
- Save on average around **£128 each month.** That's **over £1,500 a year.**

For support to quit smoking call:

or search [**nhs.uk/smokefree**](https://www.nhs.uk/smokefree) for information and advice on quitting