

▲▲ Secondhand smoke in the home

smoking in pregnancy
challenge group ●

There is **no** safe level of exposure to secondhand smoke. Children are particularly vulnerable to secondhand smoke. **Most** of their exposure occurs **in the home**.



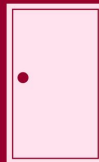
Children who live with a smoker are about twice as likely to become smokers themselves



Opening windows and using fans does not completely remove secondhand smoke



Heating, air conditioning and ventilation systems cannot eliminate exposure to secondhand smoke



Secondhand smoke can travel through doorways, cracks in walls, ventilation systems and plumbing

Why smoking matters

- Secondhand smoke – the smoke you breathe in when someone else smokes near you – is very harmful to young children. It can cause **sudden infant death, asthma and meningitis**.
- Children who grow-up in a household with smokers are also **more likely to become smokers themselves**.

What support is available

- **There is lots of support available to help you quit smoking.** Your midwife or healthcare professional should refer you to a stop smoking service where you can get support to quit. Healthcare workers can also refer other smokers in your household for support to quit to **protect you and your baby** from secondhand smoke.
- Stop smoking services provide behavioural support along with access to nicotine replacement therapy (e.g. patches) and advice about vaping to **manage cravings**.

Smokefree homes

- If you're not able to quit smoking completely, you'll be given support and advice to **keep your home smokefree** so you can protect your children from secondhand smoke.
- If you have to smoke, you should **take at least 7 steps outside** to prevent smoke drifting indoors.

For support to quit smoking call:

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