



MAKE YOUR HOME SMOKEFREE



**Southampton
Smokefree
Solutions**

Supporting local health
and care providers

**TO START YOUR
JOURNEY TO BECOME
SMOKEFREE**

CALL THE QUITLINE

0800 999 1485

You are 3 times more likely to quit successfully with the help of a trained stop smoking professional.

We can provide specialist support; medicines or nicotine replacement (NRT) products such as gum, patches or spray to help you deal with cravings; and advice about using a vape.

1.

SMOKING POSES A RISK TO CHILDREN



- sudden infant death syndrome
- lower respiratory infections
- ear infection
- more severe asthma
- learning and conduct problems

TO PREGNANT WOMEN

2.

- harm to the foetus (including foetal death)
- preterm birth
- low birth weight



3.

TO ADULTS



- stroke
- lung and breast cancer
- coronary heart disease
- chronic obstructive pulmonary disease
- asthma
- diabetes mellitus

TIPS ON HOW TO MAKE YOUR HOME SMOKEFREE

Keeping a smokefree home and car helps to keep you, your family, and your pets healthy. Here are some tips to make your home smokefree:

- Once you have decided to have a smokefree home, **give your home and car a thorough clean**. Chemicals from cigarettes can gather in house dust and linger on soft furnishings.
- **Remove smoking related objects** from your home.
- If you're not ready to quit, **smoke outside** and close windows and doors behind you to prevent smoke following you.
- **Wash your hands and change your clothes after smoking**. Chemicals from smoke remain on your hands and clothes.

WHAT IS A SMOKEFREE HOME?

A smokefree home is a home free of any tobacco products (such as manufactured or roll-your-own cigarettes, cigars, waterpipes and heated tobacco products).

WHY BECOME A SMOKEFREE HOME?

Secondhand smoke is smoke that non-smokers breathe in when exposed to tobacco smoke. This includes the smoke exhaled by smokers and the smoke emitted from the burning end of a tobacco product.

It contains over 7,000 chemicals with at least 250 known to be toxic, and more than 60 can cause cancer.



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We proudly support and train Southampton organisations to deliver evidence-based stop smoking interventions.

We also offer free training to all in Southampton.

Call our Quitline on 0800 999 1485 to speak with a member of our team.

YOUR NEXT STEP

