

Smokefree homes

Protecting your child's health

Making your home and car smokefree improves the health and safety of those you care about most.

- Children are affected from secondhand smoke as their lungs, airways and immune system are less developed.
- Children exposed to secondhand smoke are at risk of asthma attacks, meningitis and ear infections.
- Babies exposed to secondhand smoke are more at risk of cot death.
- Children who grow up in a smoking household are nearly twice as likely to become a smoker themselves.
- Breathing in other people's smoke increases risk of lung cancer and heart disease by a quarter.
- Smoking is a major cause of fires in the home.

If you smoke, or are exposed to secondhand smoke during pregnancy, it means that your baby shares chemicals from the smoke you breathe.

If you would like further information about stopping smoking, please contact Kent Stop Smoking Service on 0800 849 4444.

Make your home smokefree

- Tell everyone in your house, and any visitors, that your home is now smokefree.
- If you do smoke keep a pair of slip-on shoes and other all-weather bits by your back door, so you can go out anytime.
- Keep an ashtray 7 steps from your back door as a reminder. It'll help keep the garden tidy too.
- Can't make it outside? Nicotine replacement methods like patches and gum can help.

1

Smoking anywhere near your children, like in the car, affects their health as well as yours.

2

Opening a window or standing by the door is not enough to protect children from the effects of smoking.

3

Take 7 Steps out to ensure you are protecting your children.

Source: www.take7stepsout.co.uk

Smokefree

Call 0800 022 4332 or visit gum can help.

www.smokefree.nhs.uk