



You don't need to do it alone

It can be hard to quit smoking but with free help from Healthy Cornwall you're up to three times more likely to quit smoking for good, compared to going it alone.

Every year Healthy Cornwall's friendly, trained stop smoking advisors help thousands of people to quit. They work with you to find the best solution, including the right choice of quit aids, whether that's medicines, nicotine patches or vapes.

There's lots of support available

To find out how Healthy Cornwall can help you to quit smoking:

♥ Call: **01872 324200**

♥ Email: **healthy.cornwall@cornwall.gov.uk**.

♥ Visit: **www.healthycornwall.org.uk/
smokefree-cornwall**

♥ Text: **SMOKEFREE** to **82228**.

♥ You can also speak to your GP or pharmacist.

♥ Scan



Make a Smokefree Home pledge today

Protect your family from the dangers of secondhand smoke.

- 1 Remind yourself** of the benefits of a smokefree home.
- 2 Tell your children** why you want your home to be smokefree.
- 3 Keep yourself motivated** - ask your children to make some smokefree signs for your home.
- 4 Contact Healthy Cornwall** for help to quit smoking.
- 5 Set a date to go smokefree** and sign the pledge.

I commit to make my home smokefree.

Signed:

Date:

If you would like this information in another format or language please contact us:
Cornwall Council, County Hall,
Treyew Road, Truro TR1 3AY

e: customerservices@cornwall.gov.uk
t: 0300 1234 100
www.cornwall.gov.uk

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Make your home a smokefree zone





Healthy
Cornwall

www.healthycornwall.org.uk

Great reasons to make your home a smokefree zone

Two out of three smokers will die from smoking unless they quit, but smoking doesn't just hurt the smoker; it also harms the people around them who breathe in their smoke. This is called secondhand smoking. Over time, secondhand smoke can cause people who don't smoke to develop the same serious diseases as smokers, like cancer, heart disease, and serious lung problems.

 Secondhand smoke is made up of the smoke from the burning end of a cigarette and the smoke exhaled by smokers. It **contains over 4,000 chemicals**, many of which are **toxic** and more than **50 are known to cause cancer**. Most secondhand smoke is invisible. 

Secondhand smoke lingers for up to 3 hours after your last cigarette. Even if you smoke when your children are out, secondhand smoke will still be around when they get home.

Exposure to secondhand smoke is particularly harmful to babies and children

- ♥ In pregnancy there is an increased risk of miscarriage, stillbirth and low birth weights which can cause problems during and after labour.
- ♥ Babies are at higher risk of Sudden Infant Death Syndrome, a sudden and unexplained death of an otherwise healthy baby.
- ♥ Children can develop asthma and wheezing or it can trigger asthma attacks.
- ♥ Babies and children are also at higher risk of chest infections (e.g. bronchitis and pneumonia), ear infections (that can cause pain, fever, and hearing problems, and may require surgery in severe cases) and have double the risk of getting meningitis.

Children who grow up with parents, brothers or sisters who smoke are also much more likely to become smokers themselves.

Remember
there is no safe
level of exposure
to secondhand
smoke

What can I do?

The best way to protect babies and children from exposure to secondhand smoke is for their parents and other carers to stop smoking altogether. If you are not ready to quit, **it is important your home and any car used by your children, are kept completely smokefree.**

Here are some steps you can take to create a smoke free environment

- ♥ **Quit Smoking:** It can be hard to stop smoking but there is lots of support available. With specialist support and the use of medicines, nicotine patches or vapes, you are up to three times more likely to quit for good, compared to going it alone.
- ♥ **Smoke Outside:** If you're not ready to quit, you can still keep your home smokefree by smoking outside, making sure to close windows and doors behind you.
- ♥ **Avoid Smoking in Cars:** Never smoke in a car with children present, even with the windows open. The small space can cause babies and children to breathe in large amounts of harmful smoke. You are also breaking the law if you smoke in a car with anyone under 18.
- ♥ **Educate Others:** Tell your family, friends, and caregivers about the dangers of secondhand smoke. Let any visitors to your house know that your home is smokefree. Good friends and family will understand and support you.

