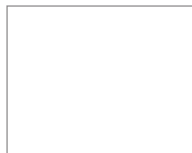


Smoking during pregnancy

If you are pregnant and you smoke, it means that your baby shares chemicals from the smoke you breathe. It also means that the dangerous chemicals in other people's smoke - secondhand smoke - can affect your baby.

By making your home smoke free you will help to protect your baby.

FREEPOST HEALTH IMPROVEMENT TEAM



Local NHS stop smoking services

If you would like to stop smoking, you can contact the local Stop Smoking service by calling 01706 751 190 for free one to one support.

Visit www.nhs.uk/smokefree for more information.



Smoke free homes
smoke free cars

Protect your family from
cigarette smoke

rochdale.gov.uk/smokefree



TAKE 7 STEPS OUT



Secondhand smoke

Like a lot of people, you might think that other people's tobacco smoke is simply a bit unpleasant. But it's much worse than that. Secondhand smoke is harmful to health.

Being in a smoky atmosphere immediately puts your body under pressure.

Your eyes become sore, you could start coughing and you may even feel sick. As well as these unpleasant symptoms, there is more serious long-term damage that is being done to your vital organs.

Breathing in secondhand smoke can increase the risk of lung cancer by 24% and heart disease by 25%.

It can also trigger asthma attacks and increase your chances of developing breathing or chest problems.

If children breathe in secondhand smoke their chance of getting asthma doubles and if they already have asthma, it's definitely making their breathing worse.



What Where

Secondhand smoke is not just breathed out by smokers. Most of it comes directly from the lit ends of cigarettes and cigars and because it's unfiltered, it is the most toxic sort.

When tobacco smoke disappears into the air, you can easily forget about the gases and particles, but they...

- Quickly spread to other rooms in the house, even if a window is open
- Stick to clothes, walls, furniture and carpets
- Are absorbed into the upholstery in cars

Cars are small confined spaces and smoking in a car is particularly harmful. Even if you open your car window, it results in an influx of air that keeps pollutants from smoke within the car.

The benefits to you and your family begin the minute you make your home smokefree!

- Your children are healthier - breathing in smoke free air
- Your risk of health issues like heart disease and lung cancer are reduced
- Your house and car are cleaner with no more dropped ash or cigarette burns
- Your children's eyes and noses are no longer irritated by tobacco smoke
- Your children are less likely to develop asthma or will be able to control their asthma better
- Family pets will be healthier, living longer, breathing clean air

Make a pledge

Fill out your information below and make a smokefree pledge today to protect your family from cigarette smoke.

1. Number of children living in the house
2. Number of children visiting the house
3. Number of male smokers in the house.....
Number of female smokers in the house ..
4. Please tick if you would like to be contacted by the stop smoking service ☐
5. Please tick if you would like a Safe & Well visit from the Greater Manchester Fire and Rescue Service ☐

☐ Gold promise

I/we promise to make the house and car totally smoke free at all times.

☐ Silver promise

I/we promise to allow smoking only in one well ventilated room in the house and never to smoke in the presence of the children or in the car.

Hand deliver pledges to:

Public Protection Service
Rochdale Borough Council
Floor 3, Number One Riverside
Smith Street, Rochdale OL16 1XU

or send to:

FREEPOST HEALTH IMPROVEMENT TEAM

6. Name:
- Address:
-
-
- Postcode:.....
- Telephone number:
- Date:.....
7. Where did you hear about the smoke free homes pledge?
-
-
-
-
8. Please tick if we can send you our smoke free homes campaign questionnaire ☐