

Your Smokefree Home

Create a smokefree
home for your family

A smokefree home is better for everyone. By not smoking you will:

- Set a good example, lowering the chance your children will become smokers
- Reduce health risks to you, your family, friends and pets
- Have a cleaner, fresher smelling home
- Lower risk of fires in your house
- Save money

Smokefree Sheffield's partners are on hand to help you quit for good.

Yorkshire Smokefree Sheffield:
0800 612 0011 FREE from landlines
0330 660 1166 FREE from most mobiles



Making your home smokefree is the only way to protect you and your loved ones from the harms of secondhand smoke.

80%
of smoke is
invisible and
impossible
to control



Children are more vulnerable to the dangers of secondhand smoke

They have small airways and breathe faster meaning their lungs take in more of the **4,000 dangerous chemicals** found in secondhand smoke, putting them at risk of:

Breathing problems • Asthma • Pneumonia • Bronchitis • Ear infections

Tips for keeping your home smokefree

Tell friends and family that you're going smokefree and ask for their support.



Change your clothes after having a cigarette.



Let visitors know in advance that your home is smokefree.



Try nicotine spray, gum, patches, lozenges or switch to e-cigarettes.



Remove lighters and ashtrays from your home.

Set yourself a quit date and remind yourself why you're keeping your home smokefree. Ask your children to draw a picture of your smokefree home using the space below and hang it up somewhere visible.

I pledge to keep my home smokefree

Signed: