

Second Hand Smoke

by Blackpool Teaching Hospitals - Tuesday, January 10, 2012

Second hand smoke contains tar, poisonous gases and thousands of toxic chemicals – because babies and children are young and still growing, they are more sensitive to these poisons.

If you smoke a cigarette in a room where there are babies or children, they will breathe in second hand smoke.

Medical research shows that babies and children exposed to a smoky atmosphere have an increased risk of:

- Cot death
- Meningitis
- Glue ear – leading to partial deafness

They are also more likely to:

- Have asthma attacks and chest infections.
- Be admitted to hospital in their first year of life.
- Get more coughs, colds and wheezes.
- Be off sick from school.

How can you help?

- Keep areas where babies and children play, sleep or eat smoke free.
- Tell family and friends that you are keeping your home smoke free to help your children's health.
- Don't ever smoke inside a car – smoke gets more concentrated in there.
- Smoking and cigarettes are often responsible for accidents such as burns and house fires.
- Teach children not to touch cigarettes, matches or lighters, or even better, **KEEP THEM OUT OF THEIR REACH AND SIGHT!**
- Never have ashtrays in reach or sight of babies and children.

Children who live with smokers are more likely to smoke. To discourage your child from becoming a smoker:

- Never let them see you smoke.
- Tell them what you do not like about smoking.
- Tell them why you do not want them to start
- If you regret starting – **TELL THEM WHY.**

THE BEST THING YOU CAN DO IS STOP. THERE IS LOTS OF HELP AVAILABLE - TRY!

See your GP, Health Visitor, Midwife, or Pharmacist. Ring the **NHS Blackpool Stop Smoking Helpline** on **0845 601 2186** for a local service, and they can also send you information on tips for stopping, and treatments available to help.

NHS Pregnancy Smoking

Helpline: 0800 169 9169 or textphone **0800 169 0171**

They can offer expert advice on how to stop smoking, not exposing to other smoke and complications in pregnancy, and what you can do to reduce those risks.

For more advice, tips and help visit the website at:

www.gosmokefree.co.uk