

Tobacco smoke is poison – Public and staff facing copy



About

The following template articles, aimed at both members of the public and staff, form part of the wider suite of “Tobacco Smoke is Poison” [resources](#) from Fresh.

“Tobacco Smoke is Poison” is aimed at encouraging greater awareness around the risks of secondhand tobacco smoke and to help staff to have conversations around this issue to protect babies, children and adults.

PUBLIC FACING Template article / web copy

Protect your family from tobacco smoke

We all want to keep our family safe, healthy, and happy. But sometimes, risks can come from places we can't always see.

Stopping smoking isn't always easy. But even if you're not ready to quit just yet, there are steps you can take to protect your family by keeping a smokefree home.

Tobacco smoke contains thousands of toxic and harmful chemicals which linger in the air of your home – even if you can't see or smell them. These poisons can cause the same diseases caused by smoking.

Children's lungs are still growing, and for them secondhand smoke can be very harmful, raising the risks of asthma, pneumonia and bronchitis, meningitis and ear infections, coughs and colds.

For adults, breathing in secondhand smoke can raise the risk of lung cancer, heart disease, stroke, and chronic obstructive pulmonary disease (COPD). It can also make asthma symptoms worse.

For pregnant women, smoking raises the risks of premature birth and low birth weight which means a baby is more likely to need hospital treatment. Continuing to smoke after they are born also raises the risks of sudden infant death syndrome (cot death).

Tips to help you keep the home smokefree

- The best thing for your health is to quit smoking – for local support visit <https://www.freshquit.co.uk/>
- If you want to smoke, protect your children by taking several steps away from your house, making sure any children in the house are safe. Closing doors and windows



will stop smoke drifting back in.

- Consider switching completely to a vape instead of tobacco.
- Try nicotine gum, lozenges, an inhalator or spray when you can't get outside – such as during car journeys. Remember it is illegal to smoke in a car with a child under 18 present.
- Make changes to help keep your home smokefree, such as removing ashtrays and cigarettes.
- Ask visitors who smoke to go outside to smoke.

STAFF FACING copy for newsletters/ intranets

INSERT ORGANISATION is encouraging families to protect their loves ones from harmful secondhand tobacco smoke and keep a smokefree home.

Tobacco smoke contains thousands of toxic chemicals which linger in the air of the home or car for hours. Among children, it raises the risks of asthma, pneumonia and bronchitis and for adults, heart disease, lung cancer and COPD.

Stopping smoking isn't always easy. But even for people not ready to quit, there are simple and easy steps people can take to protect their family.

The "Tobacco Smoke is Poison" resource platform from Fresh includes guides to help staff talk about the issue, and public-facing resources aimed at increasing awareness of the risks. To download visit <https://www.freshquit.co.uk/resources-library/tobacco-smoke-is-poison/>

The National Centre for Smoking Cessation and Training offers online training modules for health and social care staff to deliver advice to encourage people to quit, and on the risks of secondhand smoke. Visit <https://www.ncsct.co.uk>

