

CLINICIAN'S EFFECTIVE SMOKEFREE HOME ADVICE

Yorkshire and the Humber Regional Public Health Group



A smokefree home protects the health of everyone who lives and visits the home. A major barrier in making a home smokefree is concerned that it will affect their relationships with friends and family who smoke. Your local tobacco control alliance has resources providing easy tips that will help people make their home smokefree without affecting valued relationships.

- Tobacco smoke contains 4000 chemical. These chemicals are in poisonous gases and particles too small for the eye to see. No safe limit of exposure has been identified. Even 30 minutes of expose can thicken blood and cause changes in body chemistry in a non-smoker similar to that of someone who smokes.
- It causes major health problems including asthma & chest infection, middle ear infections, breathing problems and increase the risk of cancer and heart disease.
- A smokefree home policy encourages young people to stay smokefree, supports ex-smokers in staying stopped and encourages smoker, young and adult, to stop smoking.

ASK

Does anyone smoke in your home?



BRIEF

The best thing to protect the health of everyone living in or visiting your home is to make it smokefree.



CONFIDENCE

You will be surprised at how easy it is to make your home smokefree!

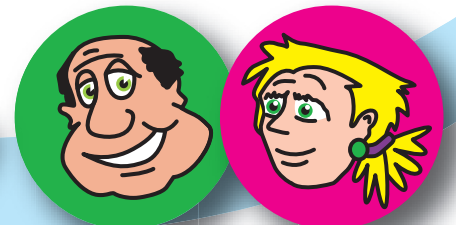


DIRECT

I can provide you with information on how to make your home smokefree without upsetting anyone in your family or visitors who come to see you.

Resources:

- Smokefree home leaflet
- Smokefree home sticker
- Website: gosmokefree.co.uk



IF THE PERSON SMOKES:

Ask if they would like information on the NHS Stop Smoking Service; indicate smokers are 4 times more likely to quit if they have help & support. Provide information on how to contact the service.