

Start your commitment today!

1. Remind yourself of the **benefits** of a smokefree home
2. Write down why you want a smoke free home - this is your **pledge**
3. **Set a date** to go smokefree and sign the pledge
4. Contact **Smokefree Island** to start your smokefree journey
5. Hang up your pledge at home to keep you **motivated**

Take the Smokefree Homes challenge and protect your household from tobacco smoke.

Get in touch

For free help and advice to stop smoking, contact the Smokefree Island team by telephone on **01983 642369** and **0800 999 1396** or:

- Text **QUIT to 66777** or
- Use our **Quit with Bella app**
www.QuitWithBella.co.uk or
- Complete our online referral form at
www.SmokefreeIsland.co.uk

You may be eligible for a free Home Safe and Well visit from **Hampshire & Isle of Wight Fire Service**. To find out more visit
www.HantsFire.gov.uk/Safety/Home-Safe-Home/Safe-And-Well/

This publication is available in other languages and formats on request.



Isle of Wight Smokefree Homes



Who is smoking with you?

When you smoke inside your house, everyone in there is exposed to harmful secondhand tobacco smoke, including children, babies and other adults.

Most of the secondhand smoke is invisible and odourless, so even if you cannot see or smell any smoke, it is probably still there.

Cigarette smoke contains over 4000 chemicals

People that breathe in secondhand smoke are at risk from the same diseases as smokers, including cancer and heart disease.

Babies and children are at a much greater risk from the dangers of secondhand smoke, as they breathe faster and deeper than adults.

They can be at higher risk of developing:

- asthma and chest infections
- cot death and meningitis
- glue ear (middle ear infection)
- behaviour and learning difficulties

If you smoke around your children, they can inhale the equivalent of 150 cigarettes per year

In addition, pregnant women exposed to secondhand smoke can pass on the harmful chemicals to their unborn child.

The best thing you can do is make your home a smokefree zone.

The home is the biggest source of tobacco smoke. Make a Smokefree Homes pledge today and protect yourself and your family from the dangers of tobacco smoke!

Benefits of making your home smokefree:

- Your children will be healthier and less likely to miss school through illness
- If you smoke you may find it easier to give up
- You and your children's eyes and nose will no longer be irritated by smoke
- Your children will be less likely to start smoking
- Your home will be cleaner and fresher, and it will not need decorating as often
- You will be less likely to have a house fire
- Your pets are likely to be healthier and live longer

How do I encourage other people living in my house to stick to the pledge?

Discuss with them how important it is to protect your family's health by limiting their exposure to tobacco smoke. If people do want to continue to smoke, ask them to do it outside.

Will I upset visitors if I ask them not to smoke in my house?

Explain that this is important to you because tobacco smoke is harmful, particularly to children. Thank them for not smoking inside.



Protect your home. Keep it Smokefree!

