

WHAT CAN I DO ABOUT IT?

AT HOME

Make your home smoke-free – if you smoke, do it outside and ask others to smoke outside too.

WHEN YOU'RE OUT

Go to non-smoking bars and restaurants. If your favourite venues don't have smoke-free areas, ask the manager why not – they're not likely to provide them if they don't know that their customers want them. If someone lights up in a non-smoking area, ask the manager to deal with it.

If you're going out in a mixed group of smokers and non-smokers, sit in the non-smoking section of the bar or restaurant – if the smokers want a cigarette, they can always go into the smoking section or pop outside for a few minutes.

IN THE CAR

Smoking in confined spaces like in the car creates a very polluted environment. If you smoke, do it before you set off, or take smoke breaks on a longer journey.

AT WORK

Your employer has a duty to protect your health – ask them about their workplace smoking policy. Having a no smoking policy protects everyone's health, including smokers – research shows they smoke less when smoking is banned at their workplace.

QUIT

In the end, the best way to protect everyone from tobacco smoke is to give up smoking.

For friendly help and advice on stopping smoking call the smokers' helpline on

0800 85 85 85



**Health
Promotion
Agency**



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PASSIVE SMOKING

THERE'S NOTHING PASSIVE ABOUT IT



PASSIVE SMOKING

Even if you don't smoke yourself, breathing in other people's cigarette smoke can damage your health. Breathing in someone else's smoke is called passive smoking (or sometimes involuntary or second-hand smoking).

The smoke that's given off by the burning tip of a cigarette is actually much more toxic than the smoke inhaled (through the filter) by the smoker. The air in a room where people are smoking contains around 4,000 chemicals, and at least 60 of them are known or suspected to cause cancer.

Breathing in second-hand cigarette smoke at home, at work or in a bar can have short-term effects, like irritating your eyes, or giving you a sore throat or a cough. But the long-term effects of passive smoking are much more dangerous.

RISKS

Regular passive smoking can increase your risk of:

- lung cancer by 20-30%
- heart disease by 25-35%
- asthma by 40-60%
- stroke by 80%

Ventilation isn't the answer to passive smoking. Ventilation systems that replace smoke with fresh air would have to be set to tornado strength rates of air flow to significantly reduce the health risks. Systems that filter the air aren't effective either, because they only trap the particles in cigarette smoke, not the cancer-causing chemicals and toxic gases.

PROTECTING CHILDREN

Children are even more at risk because of their smaller lungs and the fact that their bodies are still developing. Passive smoking can affect babies before they're even born – the toxins in the smoke get into the mother's bloodstream and reach the baby that way.

Exposure to smoke before or after birth makes a baby:

- twice as likely to suffer from colic
- three times more at risk from cot death
- more than three times as likely to get meningitis

Older children exposed to cigarette smoke may suffer from delayed mental development, asthma and other respiratory infections, such as bronchitis, pneumonia or bronchiolitis, and middle ear infections (glue ear).