

# WHAT CAN I DO ABOUT IT?

# QUIT

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

[www.want2stop.info](http://www.want2stop.info)

# PASSIVE SMOKING

THERE'S NOTHING PASSIVE 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

It is against the law to smoke in enclosed and  
substantially enclosed public places. This will  
help reduce exposure to second-hand smoke.

## 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

It is against the law to smoke in enclosed and  
substantially enclosed workplaces. This protects  
the health of both smokers and non-smokers.  
Research shows smokers smoke less when it is  
banned in the workplace.

# 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 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 24%
- heart disease by at least 25%

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:

- more likely to suffer from colic
- three times more at risk from cot death

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).