



# Protect the ones you care for from tobacco smoke in your home and car



Helping you to do it

## What is secondhand smoke?

Secondhand tobacco smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar and the smoke breathed out by smokers.

Secondhand smoke contains more than 4,000 different chemicals. At least 250 of them are known to be toxic or to cause cancer, including lead, cyanide and arsenic.

Breathing in secondhand smoke is sometimes called passive smoking.

Secondhand smoke contains many harmful chemicals known to be toxic such as lead, cyanide and arsenic.

## Children's exposure to secondhand smoke

Tobacco smoke can harm babies even before they are born. Pregnant women are at higher risk of having stillbirths, premature babies, or low birth weight babies following exposure to secondhand smoke.

Secondhand smoke has a number of bad effects on children's health.

Children and infants are more vulnerable to tobacco smoke than adults because they have smaller airways and breathe faster and their immune systems are still developing.

Children and infants who are exposed to secondhand smoke are at higher risk of:

- Sudden infant death syndrome (SIDS) also known as cot death.
- Breathing problems, coughing, wheezing, croup, and chest infections.
- Having asthma symptoms all year round (exposure to secondhand smoke doubles this risk)
- Meningitis or to get middle ear infection - 'glue ear'

Adult smoking has a serious impact on children. Children whose caregivers smoke are four times more likely to start smoking themselves when they get older.

## Adult's exposure to secondhand smoke

Some short-term effects from exposure to secondhand smoke include:

- coughing
- headaches
- eye and nasal irritation
- sore throat

Long-term effects from exposure to secondhand smoke include increased risk of:

- coronary heart disease (risk increased by 25-30%)
- lung cancer (risk increased by 20-30%) and other cancers
- stroke (risk increased by 20-30%)
- increased risk of chronic obstructive pulmonary disease (COPD) and other breathing problems



Breathing in secondhand smoke makes the blood stickier, meaning there is an increased risk of blood clots forming, even with brief exposure.

A clot can block blood vessels and cause:

- heart attacks
- strokes
- angina
- heart failure

## Did you know that:

Secondhand smoke is also bad for pets  
Smokers are more likely to have a fire in their home

## Smoke lingers

### In the home:

There is no hiding from secondhand smoke at home.

Smoking at home can quickly lead to children breathing in levels of air pollution worse than those found on the streets of big, polluted cities.

Secondhand smoke can seep invisibly into or out of open windows or doors. Even when a cigarette is stubbed out the unseen poisons in the smoke can stay around for up to 5 hours.

Poisons from smoke can still be there even when you can't see it or smell it.

Secondhand smoke can seep invisibly  
into or out of open windows or doors

## In the car:

The pollution levels caused by smoking in a car can be 35 times greater than levels considered safe by the World Health Organization.

There is no safe level of smoking in a car even with the windows rolled down.

A heavy smoker may lose up to £2,000 when they part-exchange a car at a dealer.

Since 1st September 2015, it is illegal to smoke in a motor vehicle carrying children and young people under the age of 18 years, with associated fines of up to £2500.

There is no safe level of smoking in a car  
even with the windows rolled down

## What can you do to protect the ones you care for?

Most parents and carers already take some steps to protect their families, such as opening a window or smoking in a different room.

This might get rid of some of the smoke, but there is no safe level of exposure to secondhand smoke. Even brief exposure can be harmful to both adults and children.

The way that smoke lingers in the air and moves from room to room means that the risk remains. The best way to protect those you care for is to make your home completely smokefree.

Take any smoking right outside, and close the door and windows behind you.



## Benefits of making your home and car smokefree

- Your children will be healthier and less likely to miss school through illness
- 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 and car will be cleaner and fresher, and it will not need cleaning and decorating as often
- You will be less likely to have a house fire
- Your pets are likely to be healthier and live longer
- If you have a smokefree home and car, you may find it easier to give up smoking altogether



## Helpful tips

- Set a date to make your home smokefree
- Tell your family and friends that you want to protect the people you care for and ask for their support
- Be positive and remind yourself why you have made the effort to keep your home smokefree
- Make some no-smoking signs with your children and put them up on your door and in your car as a reminder of who you are doing this for
- Make sure cigarettes are out of sight
- Remove ashtrays from the home and car, put them at the back door or outside for when you want to smoke
- Wash hands after smoking
- You can use stop-smoking aids to tackle your smoking cravings, even if you are only trying to avoid smoking for a short time
- If you're going on a longer car journey then plan where and when to stop on the journey to allow for smoking breaks. It will help you feel more positive knowing when the stop is
- If children are being cared for by childminders, inform them that they must not smoke or vape on the premises or in the presence of children

## Getting the right advice and support to stop smoking

If you're considering quitting smoking altogether, the Help2Quit service offers FREE confidential and specialist support and you are 3 times more likely to stop smoking for good than if you do it alone.

To make an appointment:

- Go to [www.gov.je/help2quit](http://www.gov.je/help2quit)
- Email [Help2Quit@health.gov.je](mailto:Help2Quit@health.gov.je)
- Call free on **0800 735 1155**

## What about e-cigarettes/vapes ?

While vaping is not risk-free, particularly for people who have never smoked, in the short and medium term, vaping poses a small fraction of the risks of smoking. Although most e-cigarettes produce 'secondhand' vapour, existing research shows that the levels of toxins contained in this are very low. But the long-term health effects of regular exposure to secondhand vapour are unknown and hence it is recommended that e-cigarette are not used in a home where children live. However, if using an e-cigarette means you can have a home free from tobacco smoke, this is likely to be safer than smoking. If you choose to use a vape as a route to stop smoking, support and advice is available from the Help2Quit team.

## For more information contact:

- Your Health Care Provider
- Visit [gov.je/SecondhandSmoke](https://gov.je/SecondhandSmoke)
- [environmentalhealth@gov.je](mailto:environmentalhealth@gov.je)

We want to help,  
find out more here:

