

Your Smokefree Home

A safe, healthy environment for you, your family, friends and pets.



You don't need to do it alone.

In fact you're 3 times more likely to quit successfully with the help of your local stop smoking service and medicines like nicotine replacement therapy patches or gum.

Speak to a specialist stop smoking advisor today who can help find the best way to quit for you:

Yorkshire Smokefree Sheffield:

0800 612 0011 FREE from landlines

0330 660 1166 FREE from most mobiles

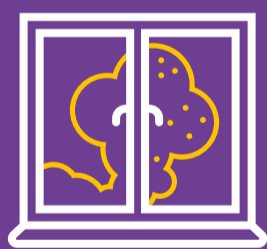
sheffieldstopsmoking@nhs.net



There are lots of ways to start your journey to a smokefree home.

Take it outside

If you're not ready to quit, you can still make a commitment to keeping your home smokefree by smoking outside, making sure to close windows and doors behind you.



Try swapping to e-cigarettes

E-cigarettes are significantly less harmful to health than cigarettes and there's no identified risk to bystanders from secondhand smoke.

E-cigarettes have been shown to be effective in supporting people to quit.

Plus you could save **£840 each year** by making the switch.

The best way to create a smokefree home is to quit smoking

We know it can be hard to quit and sometimes it takes a few attempts to quit for good but you're more likely to be successful with each attempt.



Commit to keeping your home smokefree.



Everyone has the right to live in a safe, secure and comfortable home. Smoking in the home creates a polluted environment that is dangerous to you, your family, pets, visitors and neighbours.

A smokefree home will help you:

Save money

36% of social housing tenants in Sheffield are living in poverty because of the impact smoking has on their disposable income.

The average smoking household spends just over £47 per week on cigarettes and tobacco, meaning quitting could add up to an extra **£2,444 in your pocket** each year.

If you're struggling with rent arrears, stopping smoking could clear your arrears in nine weeks on average.

Even simply taking smoking outside could mean you save on redecorating due to smoke damage.



Protect those you care about from the dangers of secondhand smoke.



80% of smoke is invisible and impossible to control.

The only certain way to protect others from the **4,000 chemicals** found in secondhand smoke is to not smoke at home.



Smoke can linger in your home for up to **3 hours** putting others at risk long after your last cigarette.



Smoke particles can also stick to you, the surfaces in your home and even your pet's fur meaning they ingest smoke particles through grooming. Just like us, smoking puts pets at risk of health conditions like breathing problems and cancer.



Smoke drifting from your home can also affect the health and wellbeing of your neighbours. There are lots of ways smoke can get into a home such as through open windows and doors, air vents, or cracks and gaps in floorboards and ceilings.

Improve your health and wellbeing.

Your home should be a relaxing place, but smoking can increase anxiety.

After giving up smoking you are likely to feel calmer and more positive, as well as reducing your risk of illness.

Plus being free from cigarette smells and stains will make your home a more pleasant place for you to spend time in.

Lower the risk of fires in your home.

Smoking in the home is the number one cause of house fires in England.

Every year the fire and rescue service attends around 2,000 smoking related fires in the home.



Start your commitment today.

1. Remind yourself of the benefits of a smokefree home
2. Write down why you want a smokefree home in the space provided
3. Set a date to go smokefree and sign the pledge
4. Hang this up at home to keep you motivated.

I commit to keep my home smokefree

Date:

Signed:

Why I want a smokefree home

Blank space for writing reasons for wanting a smokefree home.