

Staying smoke-free

When you are not at home



**Easy
Read**



Leicester
City Council

Easy Read



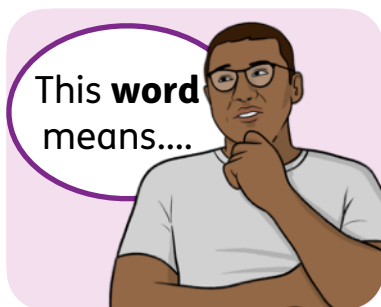
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



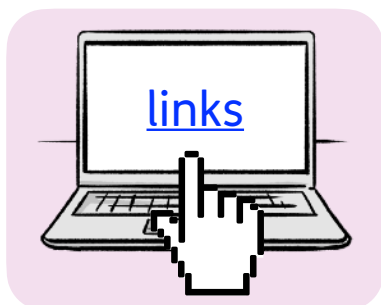
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

What is in this booklet

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About this booklet



This booklet is from Live Well Leicester, part of Leicester City Council.



It is one of 6 booklets about going smoke-free.

Smoke-free means not smoking in your home or car.

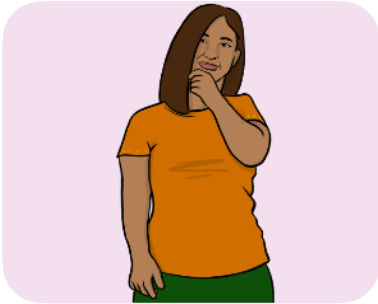


This booklet has ideas to help you stay smoke-free when you are not at home.

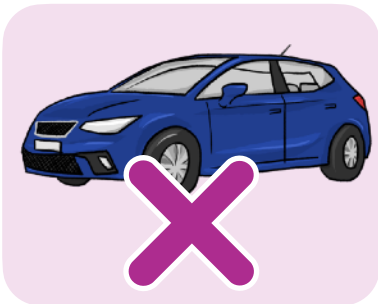


You might be working away from home, travelling or staying in a hotel.

Finding a safe place to smoke



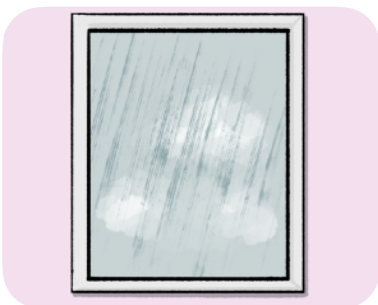
It can be difficult to find somewhere to smoke, especially if you do not know the area well.



You should never smoke inside your car.



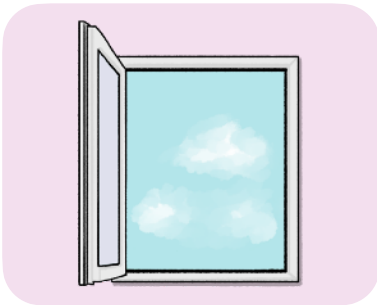
Smoke can stick to everything, even your car seats.



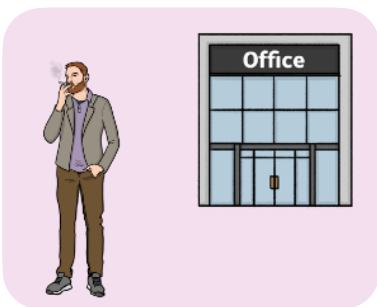
You should keep a coat or umbrella with you so you can smoke outdoors even when it is cold or raining.



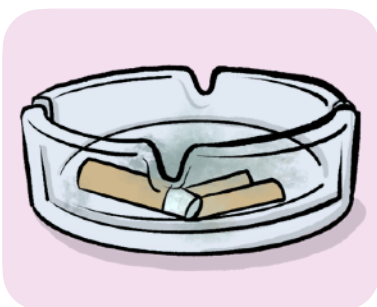
Stay away from places where there are lots of people, like busy streets or shops.



Be aware of open windows nearby where smoke can blow in.



Always stand far away from any buildings.

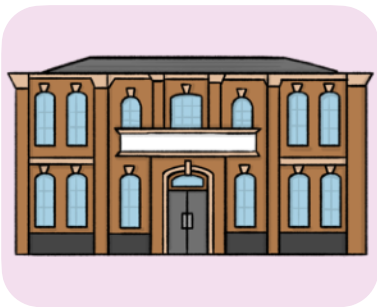


Make sure you have a way to safely collect your cigarette butts, like a portable ashtray, so you do not drop litter.

Smoke moves



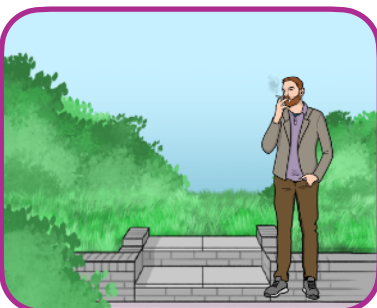
If you stop your car to get out and smoke, remember that smoke moves.



Smoke can get into buildings through very small gaps.



So be careful about where your smoke goes.

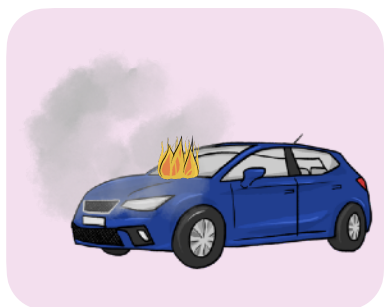


Try to smoke in a place where it will not affect other people.

Fire safety in small spaces



Smoking indoors is dangerous because it can cause fires.



This is also true if you smoke in your car.



Smoking is the most common cause of fire deaths in the UK.



The safest way to reduce the risk of fire is by stopping smoking.



If you are not ready to stop smoking yet, make sure you smoke outside, and not in your car.

Keeping your car smoke-free



Smoke-free

If you are a smoker, or travel with someone who smokes, you can still keep your car smoke-free.



I want to stay smoke-free

Tell people you travel with that you want to stay smoke-free.



Plan

You can make a plan to keep your car smoke-free together.



You could take a portable ashtray with some water in it to collect your cigarette butts, so you do not drop litter.

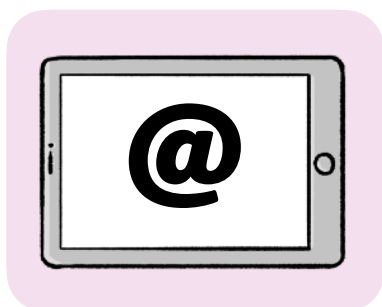


Remember it is against the law to smoke in a car if there is someone under 18 in it.

Find out more



You can look at our website here:
www.leicester.gov.uk/steprightout



You can contact us by:

- Email:
steprightout@leicester.gov.uk

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