

# Keeping your home smoke-free

When you live on your own, or with other adults



**Easy  
Read**



Leicester  
City Council

# Easy Read



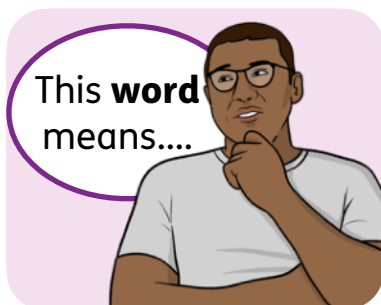
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



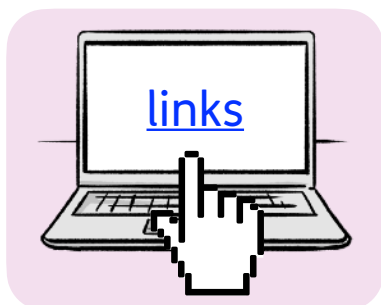
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



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

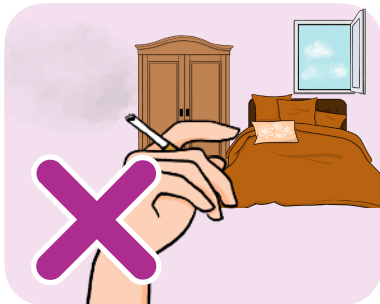


This booklet is from Live Well Leicester, part of Leicester City Council.



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 at home.



It will also help you talk to other people you live with about going smoke-free.

# About second-hand smoke



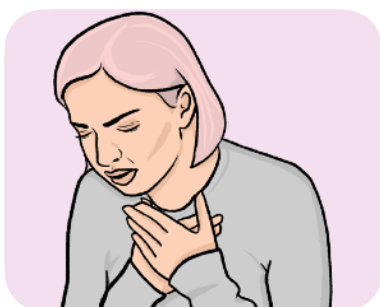
**Second-hand smoke** is when someone breathes in cigarette smoke from another person smoking.



Second-hand smoke is bad for everyone, even if they do not smoke.



If someone breathes in smoke often, they can get serious health problems like heart disease or lung cancer.



Being careful where you smoke can make a big difference to people's health in their body and mind.



Second-hand smoke is very bad for pregnant women because it can hurt the baby.



Second-hand smoke is also very bad for people who are already ill because it can make their health condition worse.



Breathing in second-hand smoke can also affect your **mental health**.

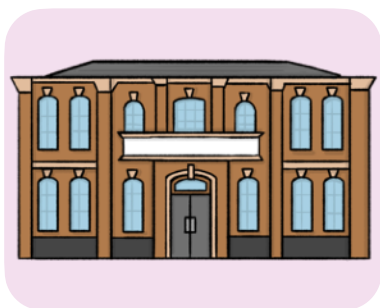
**Mental health** is the way you think, feel and behave. Having good mental health means being able to cope with your emotions.



You can find out more on our website:

[livewell.leicester.gov.uk/services/stop-smoking/smoking-and-your-mental-health](https://livewell.leicester.gov.uk/services/stop-smoking/smoking-and-your-mental-health)

# Smoke moves



Smoke moves, and can get into buildings through very small gaps.



If you smoke away from buildings, the smoke will not get into your neighbours' homes.



If you do not have somewhere to smoke away from buildings, you might want to use an e-cigarette, also called a vape.



You can find out more about e-cigarettes on our website:

[livewell.leicester.gov.uk/services/stop-smoking/vaping-and-e-cigarettes](https://livewell.leicester.gov.uk/services/stop-smoking/vaping-and-e-cigarettes)

# Visitors who smoke



Talking to visitors about smoking can be difficult, especially if they are your family or friends.

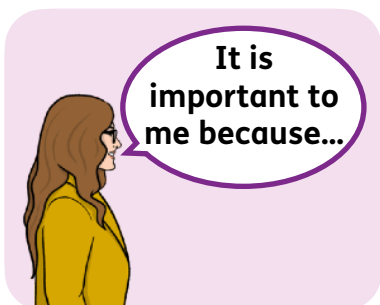
To make talking to people easier you could:



- Be polite, calm and respectful.

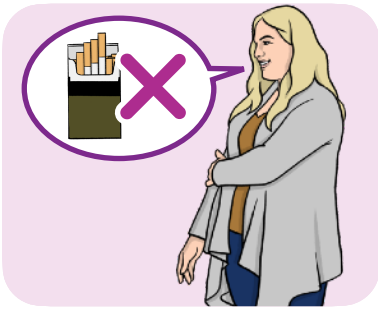


- Try not to argue with them.



- Explain why a smoke-free home is important to you.

To make talking to people about smoking easier you could also:



- Tell them why smoking is bad for their health.



- Ask them to smoke outside.



- Show them where it is safe to smoke.



- Give them your smoke-free kit.

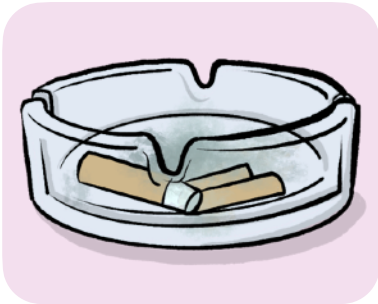


- Show them the Live Well website.

# Fire safety



Smoking is one of the biggest causes of fires in the UK.

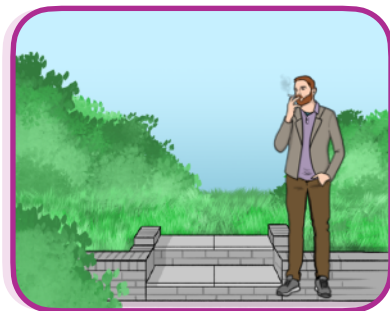


If you drop a cigarette or spill an ashtray inside, it can quickly start a fire.

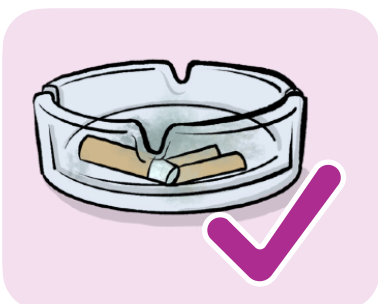


It is safer to smoke outside rather than inside.

Here are some rules to follow to help stop fires from starting:



- Always smoke outside.

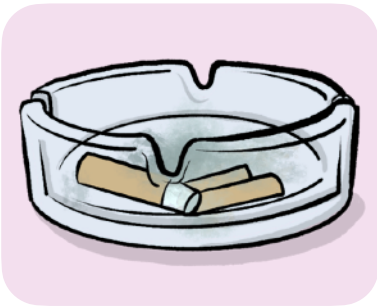


- Always make sure you put your cigarette out properly.

Here are some more rules to follow to help stop fires from starting:



- Never throw cigarette butts from a balcony because it could cause a fire.



- Use heavy ashtrays that will not tip over.



- Put some water in the ashtray to put out your cigarette properly.



- When you empty the ashtray, make sure everything is out and cold, and wet if you can, before you throw it away.

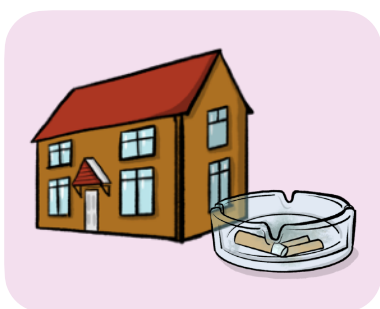


- Keep cigarettes, matches, and lighters away from children.

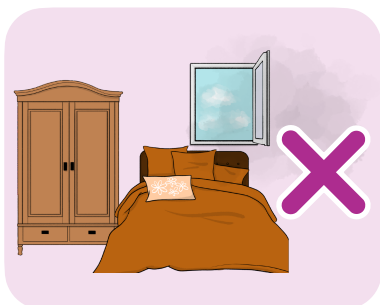
Here are some more rules to follow to help stop fires from starting:



- Smoke away from your house or any buildings that could catch fire, like sheds.



- Put an ashtray or small metal bucket outside with a bit of water in it, to make sure your cigarette is completely out.

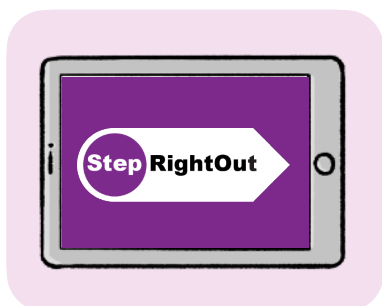


Even if you live with someone who smokes or if you smoke yourself, you can still keep your home smoke-free.

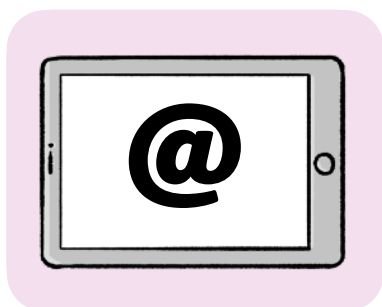


You could talk to people you live with about why you want to have a smoke-free home and make a plan together using our planning booklet.

# Find out more



You can look at our website here:  
[www.leicester.gov.uk/steprightout](http://www.leicester.gov.uk/steprightout)



You can contact us by:

- Email:  
[steprightout@leicester.gov.uk](mailto:steprightout@leicester.gov.uk)

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