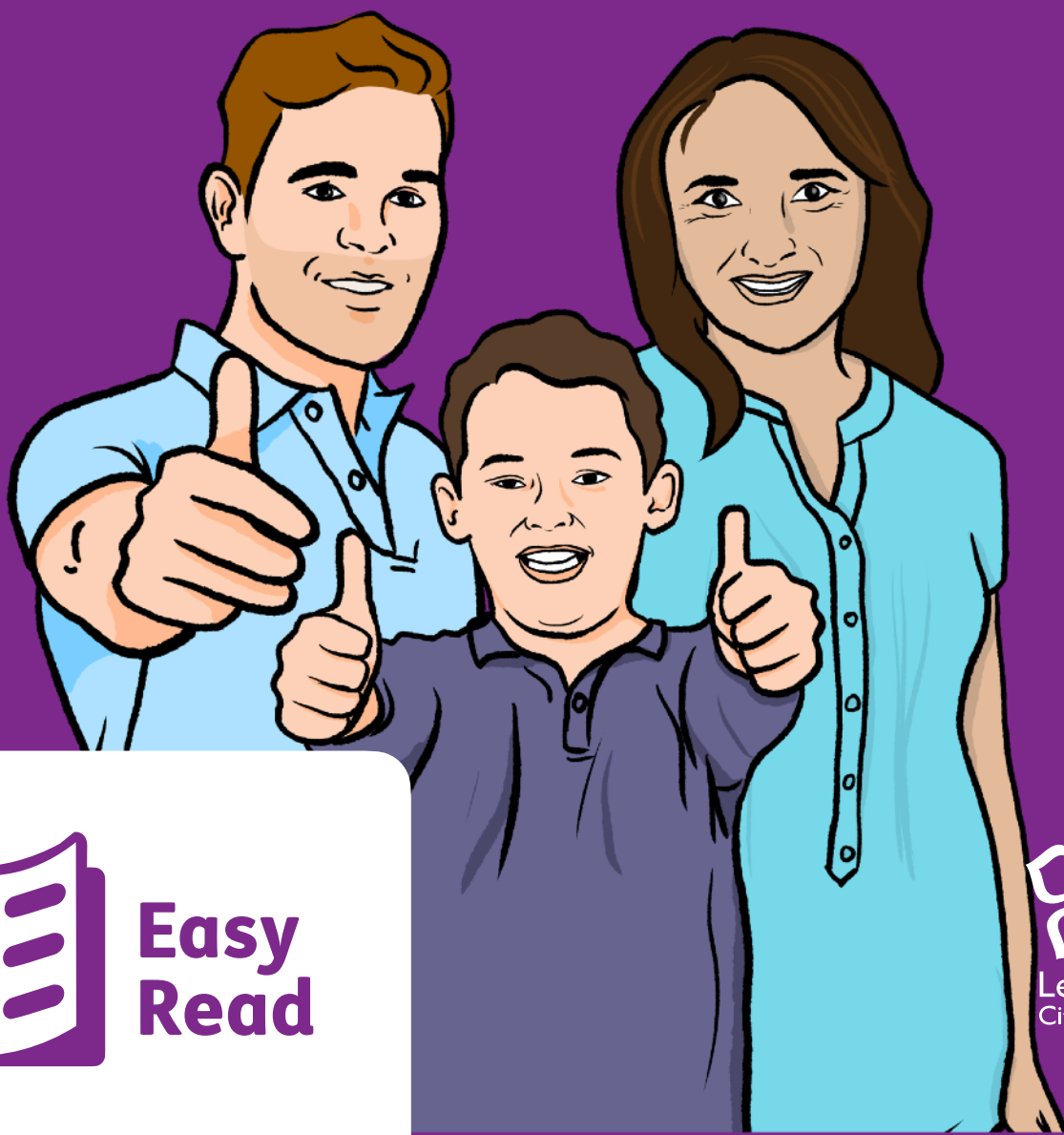


Protecting your family from second-hand smoke



**Easy
Read**

Easy Read



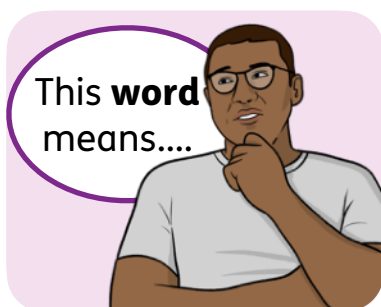
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



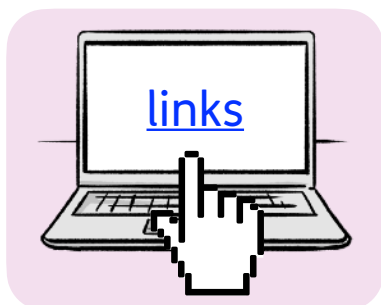
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



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.

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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.

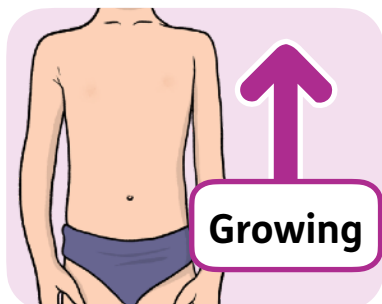


This booklet has information about how to keep your family safe from **second-hand smoke**.

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

Children and smoke

Second-hand smoke is very bad for children, because:



- Their lungs and other parts of their body are still growing.



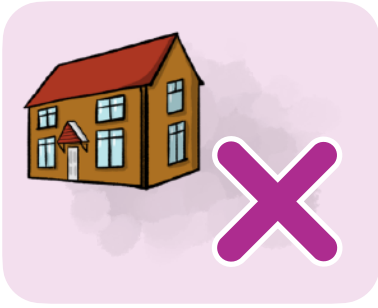
- They breathe faster than adults, so they can breathe in more smoke.



Doctors have found that children who breathe in second-hand smoke get ill more often.



Children are more likely to start smoking if they grow up in a home where people smoke.



Keeping your home smoke-free helps stop children from thinking smoking is OK.

Pregnant women and babies



Second-hand smoke can be very harmful during pregnancy.

It can cause problems like:



- The baby not weighing much when it is born.



- Sudden Infant Death Syndrome (**SIDS**).

SIDS is when a baby dies suddenly and no one knows why.

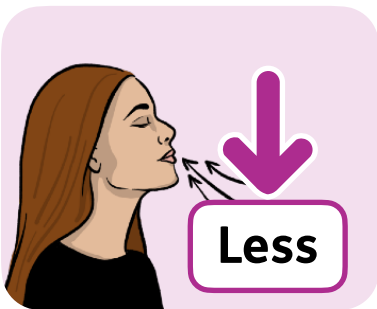


- More visits to the hospital for problems with breathing when the baby is under 1 year old.

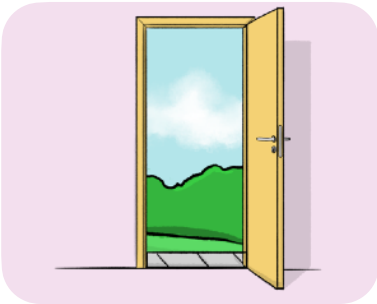
To give your child the best start in life, you should:



- Keep your home smoke-free.



- Reduce how much smoke they breathe.



Just opening a door or window is not enough.



You should go outside to smoke.

Smoking and mental health



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



Stopping smoking is good for your body, but it can also help your mind.



Being in a home with smoke can make people feel sad, worried, or stressed.



Keeping your home smoke-free can help everyone's mental health, especially your children's.

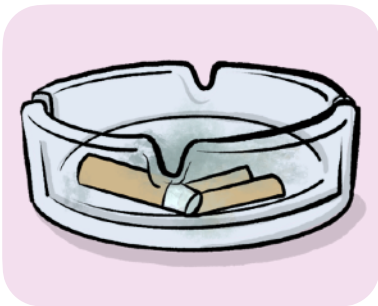
Fire safety



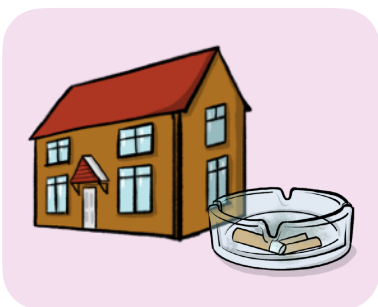
Smoking inside is very dangerous.



It is the biggest cause of house fires in the UK.



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



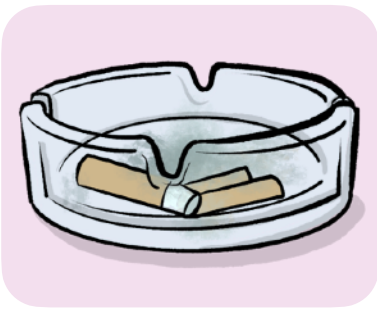
You could put an ashtray or small metal bucket outside with a bit of water in it, to make sure your cigarette is completely out.

Safety rules for smoking

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



- Always smoke outside.



- Always make sure you put your cigarette out properly.



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

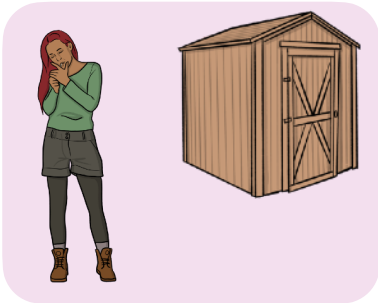


- When you empty an ashtray, make sure everything is out and cold, and wet if you can, before you throw it away.

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



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



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

Talking to people in your family who smoke



Talking to people about smoking can be difficult, especially if they are family.

To make it easier you could:

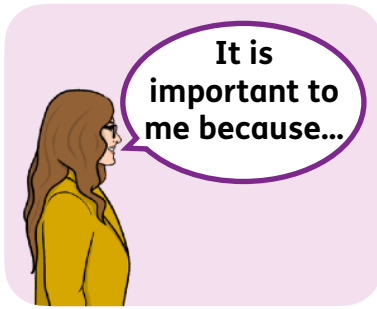


- Be polite, calm and kind.



- Try not to argue with them.

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



- Explain why a smoke-free home is important for you and your family.



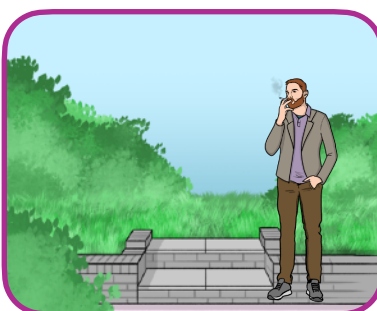
- Ask them to smoke outside.



- Show them where it is safe to smoke.



- Give them a coat if it is cold.



- Make a place for them to smoke outside if they visit you often.

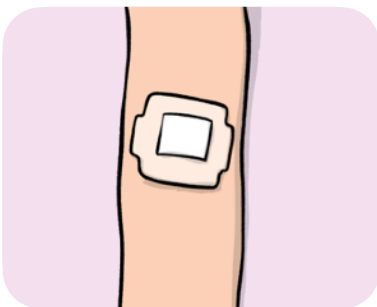
To make talking to people about smoking easier you could also:



- Give them a smoke-free kit.



- Show them the Live Well website.



- Suggest they use nicotine spray, gum, or patches if they want to smoke and do not want to go outside.

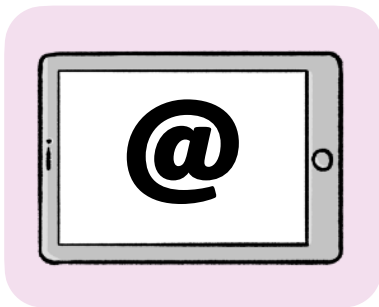


- Ask them to try e-cigarettes or vapes instead.

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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