

Second-hand smoke

How to stay safe if you share a home with other people



**Easy
Read**

Easy Read



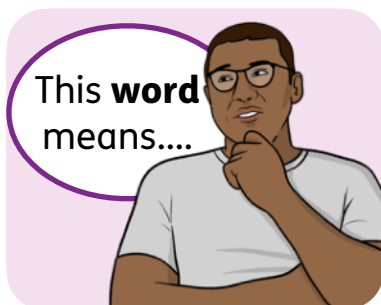
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



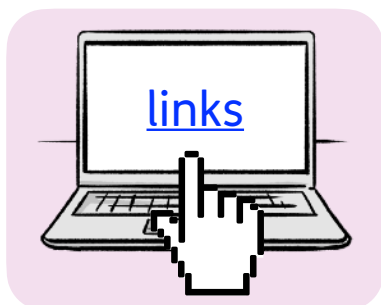
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



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.

What is in this booklet

About this booklet	4
Finding a smoke-free place	5
Smoke moves	7
Talking to people who smoke	8
Find out more	11

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.

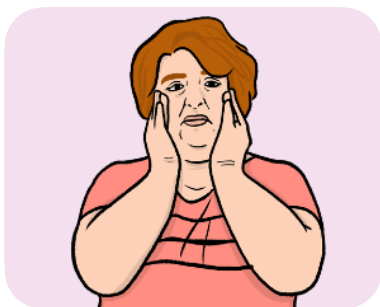
Smoke-free means not smoking in your home or car.



This booklet has information about staying safe from **second-hand smoke** when you share a home with other people.

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

Finding a smoke-free place



If you do not have your own space to live in, it can be difficult to keep your home smoke-free.

Here are some ideas to help you find a good place to smoke:



- Never smoke indoors, not even in shared areas, because smoke sticks to everything.

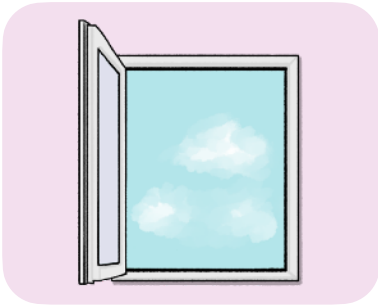


- Keep an umbrella or warm coat near the door in case it is raining or cold when you go outside.

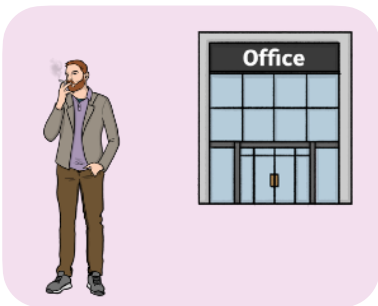


- Make sure you are away from places where a lot of people walk.

Here are some more ideas to help you find a good place to smoke:



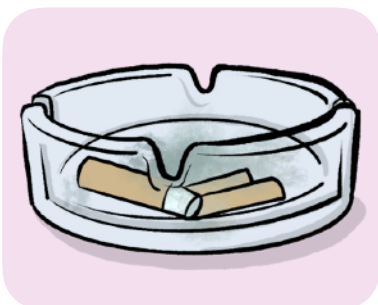
- Stay away from open windows around you.



- Move a few steps away from any buildings nearby.

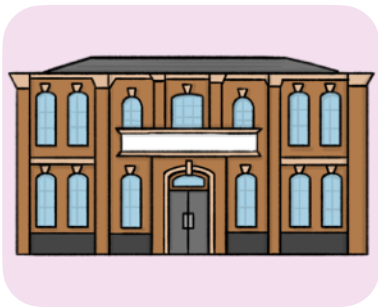


- Try going for a walk in an open space away from houses and smoke there.

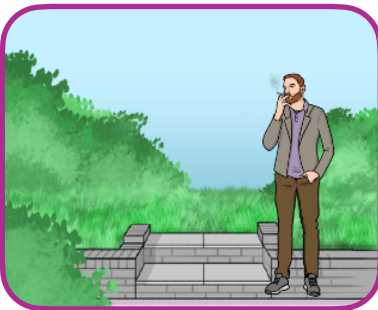


When you go outside to smoke, you should take something with you to collect your cigarette butts, like a portable ashtray with some water in.

Smoke moves



Smoke can move into buildings through small gaps or cracks. This is called **smoke drift**.



To stop smoke moving, you should always go outside to smoke.



If you do not have a place to smoke that is far from other people, using an e-cigarette can be a good choice.



You can learn more about e-cigarettes on the Live Well Leicester website:

livewell.leicester.gov.uk/services/stop-smoking/vaping-and-e-cigarettes

Talking to people who smoke



Talking to others about smoking can be hard, especially if you live with them.



It is important to talk about making your home smoke-free.

Here are some ways to have a good conversation:

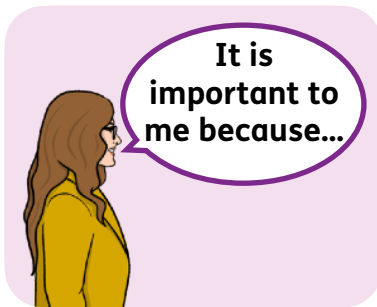


- Be polite, calm and kind.



- Do not argue.

To have a good conversation about making your home smoke-free you could also:



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



- Help them to smoke outside.



- Offer them a coat if it is cold, or show them where you smoke.



- Give them a smoke-free kit.



- Show them the Live Well website.
www.leicester.gov.uk/steprightout



You should listen to each other and respect each other's opinions, even if you don't always agree.



If you live with a lot of people, maybe you can make a group to help keep your home smoke-free.



Even if you or someone you live with smokes, you can still have a smoke-free home.



Talk about why you want to stay smoke-free and share the promise you made in the planning booklet.

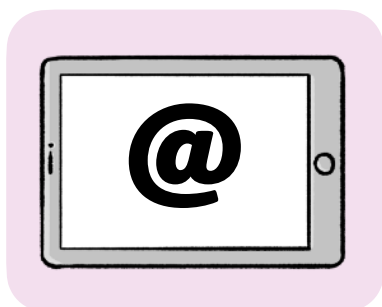


You could also use the planning booklet together to make a smoke-free plan.

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

This Easy Read booklet was produced by easy-read-online.co.uk
The booklet includes images licensed from Photosymbols & Shutterstock.