



**Easy
Read**

Step RightOut

Second-hand smoke

What you need to know



Easy Read



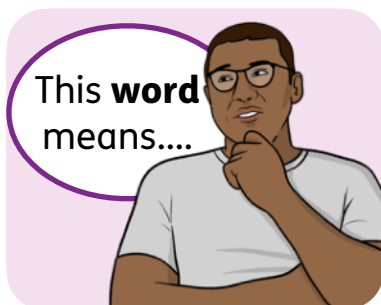
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



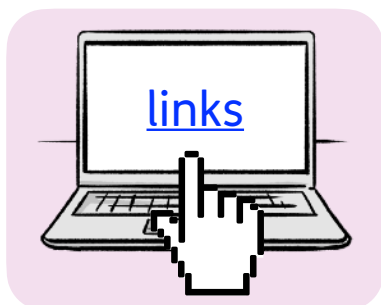
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



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 is about **second-hand smoke**.

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

About second-hand smoke



Remember, **second-hand smoke** is when someone breathes in cigarette smoke from another person smoking.



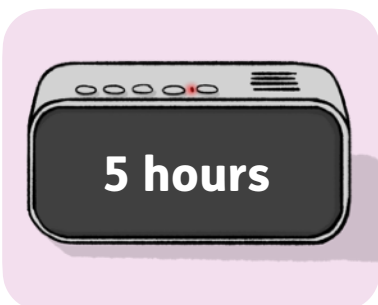
It comes from a lit cigarette, or from someone blowing out smoke.



It is usually invisible and does not smell.



You might try to keep away from other people when you smoke.



But smoke can stay in the air for up to 5 hours.



You cannot see the bad chemicals in smoke.



You might have grown up with people smoking around you and felt ok.



But we know that second-hand smoke can be very bad for health.

About second-hand smoke

Adults



Second-hand smoke can cause bad health problems, like lung cancer and heart disease.



Even a very small amount of second-hand smoke is not safe.

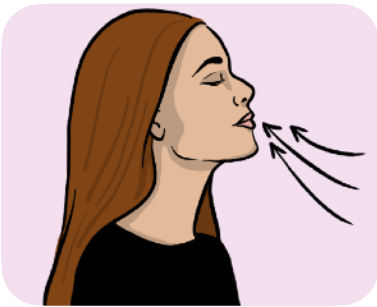


So people should smoke outside and away from others.

Children



Second-hand smoke is even worse for children.



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



This can cause problems with breathing, coughs and colds and ear infections.



It can even cause babies to die.



Children are also more likely to start smoking when they grow up if they see their parents smoke.

Help to stop smoking



It is easier to stop smoking with help.



You are more likely to stop for good if you get support.

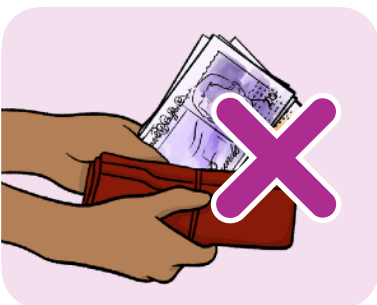
If you live in Leicester, Leicestershire, or Rutland, you can get help from:



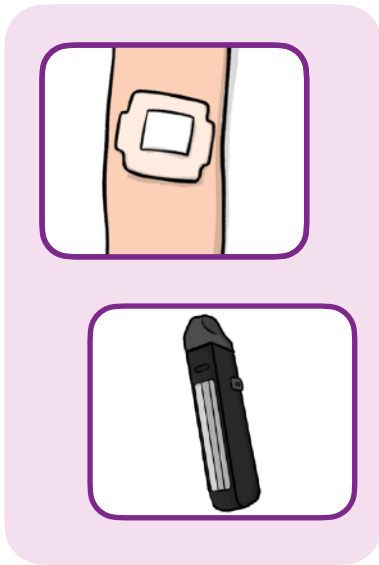
- Live Well Leicester - for people in Leicester.



- Quit Ready - for people in Leicestershire and Rutland.



Both organisations give free support.



You can get products to help you stop smoking, like products with **nicotine** and **e-cigarettes**.

Nicotine is one of the chemicals in cigarette smoke. It makes you want to smoke.

E-cigarettes are also called vapes.

Protecting others from second-hand smoke



The best way to protect other people from second-hand smoke is to stop smoking.

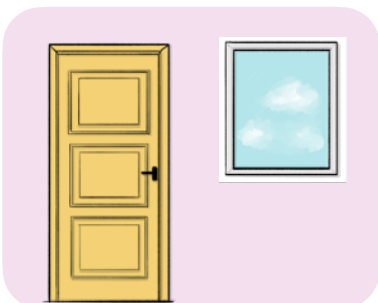
But if you cannot stop yet, you could:



- Keep your home smoke-free.



- Ask people who smoke to go outside and stand far from the house.

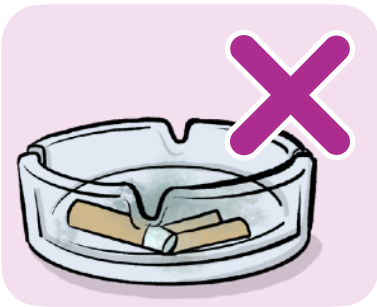


- Keep doors and windows closed so the smoke cannot come inside.

If you cannot stop smoking yet but want to go smoke-free you could also:



- Leave a coat or umbrella by the door so it is easier for people to smoke outside.



- Not keep ashtrays inside the house.



- Ask smokers to change to e-cigarettes, which cause less damage to health.



- Encourage smokers to get help from a stop-smoking service in their area.

Help to keep your home smoke-free



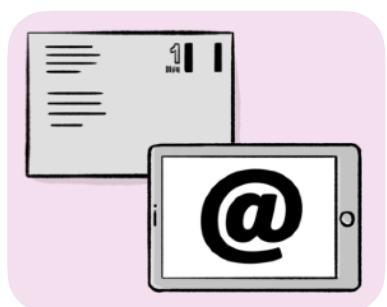
You can scan this **QR code** to promise to keep your home smoke-free.

A **QR code** is a square made up of little dots. If you point the camera on your phone at the QR code, your phone will read the little dots.

If you use the QR code to promise to keep your home smoke-free, you will:



- Join other families who are keeping their homes smoke-free.

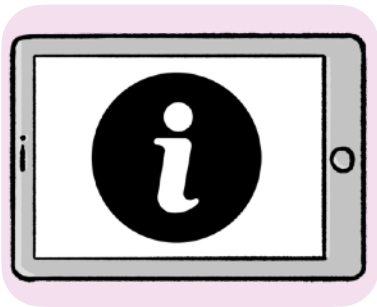


- Get a free smoke-free kit sent to your home or your email.

If you use the QA code you will also:



- Get advice to help you keep your home smoke-free.

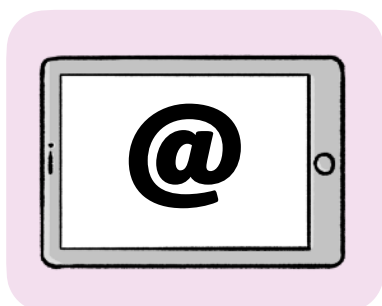


- Get information from Step Right Out on how your promise helps Leicester.

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

Social media



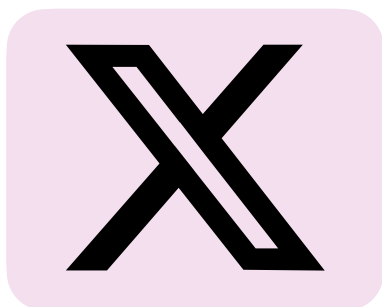
You can also follow us on **social media**.

Social media is websites like Facebook, Twitter, Instagram and TikTok.

You can follow us on:



- Facebook: Live Well Leicester



- X (was Twitter): LiveWellLeics



- Instagram: livewelleicester

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