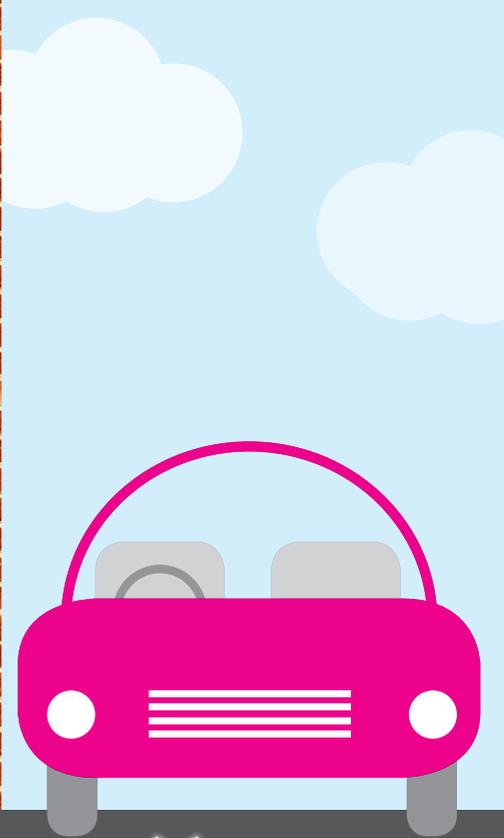


NHS



Over 80% of cigarette smoke is invisible.

Open your eyes to the hidden dangers
of smoking in your home or car.

www.hertsdirect.org/healthinherts

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Smokefree
Kit today!




SMOKEFREE
HERTFORDSHIRE

Over 80% of cigarette smoke is invisible. Surprised?

Cigarette smoke contains over 4,500 chemicals, many of which are irritants or toxins and more than 50 are known to cause cancer. Whenever you light up, secondhand smoke is produced. This is the smoke exhaled by you, plus the smoke created by the lit end of a cigarette. **Because you can't control or see secondhand smoke, you don't know where it's going.**

The truth hurts, especially when you can't see it.

Because more than 80% of secondhand smoke is invisible you can't see where it goes, making it impossible to control, even if you smoke near an open door or window. Secondhand smoke can also linger in the air long after a cigarette has been put out. The only way to completely protect others from the harms of secondhand smoke is to make your home and car smokefree.

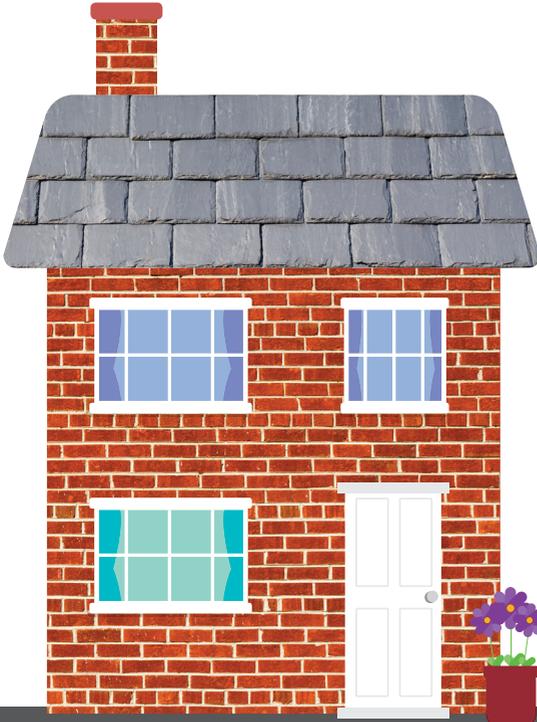


You're not the only one who is in danger.

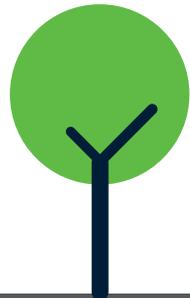
Children are particularly vulnerable to secondhand smoke as their lungs, airways and immune systems are less developed. Children exposed to secondhand smoke are at risk of bronchitis, pneumonia, asthma attacks, meningitis and ear infections and babies exposed to secondhand smoke are more at risk of cot death. **Did you know that children who grow up in a smoking household are three times more likely to become a smoker themselves?**

Making your home and car smokefree is the only way to protect your loved ones.

Breathing in other people's cigarette smoke can seriously harm health. It can increase the risk of getting lung cancer by 24% and getting heart disease by 25%. Not only are you damaging your health and those around you but you could also jeopardise the safety of your family by smoking in your home. Did you know that smoking is a major cause of fires in the home? **Making your home and car smokefree improves the health and safety of those you care about the most.**



Visit nhs.uk/smokefree
to order your free
Smokefree Kit.



Order your free Smokefree Kit today.

The only way to completely protect others from the harms of cigarette smoke is to **make your home and car smokefree.**

The Smokefree Kit contains facts, tools and tips to help you on your way to a smokefree future.



Visit www.nhs.uk/smokefree

If you want support to quit smoking,
Hertfordshire's stop smoking advisors
are here to help you.

Visit www.smokefreehertfordshire.nhs.uk
to find your nearest service.