

Please tear off this pledge, put in an envelope and send to:

Smoke Free Homes FREEPOST SWB40660 Redruth TR15 2ZZ

No Stamp Required

Benefits of the Smoke Free Promise

Risk of health problems reduced

Family pets healthier and happier

Less likely to have a house fire

House is cleaner; no more dropped ash, cigarette burns on carpets and furniture or nicotine on walls and furniture

Return this promise and enter a FREE prize draw for great gifts.

Smoke Free Homes/ Stop Smoking Service telephone 01209 215666 Website: www.quit4cornwall.com

This document is available in other formats please telephone 01209 313218



Service



Protect children and babies



Improve the health of your family

Second Hand Smoke Kills

Breathing second hand smoke is dangerous. Second hand smoke comes from lighted cigarettes and the breath of smokers.

Did you Know? Tobacco smoke Tobacco smoke contains 4000 contains 4000 chemicals including 69 chemicals including to that are known to that are cancer.

Opening windows or standing in an open doorway will not make your home smoke free. Second hand smoke is hard to sniff out because 85% of the poisonous gases and dust particles are odourless.

Second hand smoke can linger for two and a half hours, even with a window open. The gases and particles can stick to clothes, walls, furniture and carpets, in fact anything exposed in the house.

Did You Know?

If people smoke when their children are around, the child can inhale the equivalent of 150 cigarettes a year.



Protect your Family

Second hand smoke harms everyone in your home, especially pregnant women, babies, children and young people; all of these are most sensitive to tobacco smoke.



Second hand smoke can have devastating consequences:

- Risk of lung cancer increases by 24%
- Risk of heart disease increases by 25%

Did You Know?

- Increased chance of chest problems
 - s admitted to hospital every day because of tobacco smoke in the home
- Cot death is 5 times more likely when second hand smoke is around
- If children breathe in second hand smoke their chance of getting asthma doubles

A Great Gift

By reducing or banning smoking in your home you will instantly improve the health of everyone. Sign up to a Smoke Free Homes promise by making the house totally smokefree at all times

Smoke Free Home Promise

Aged 0-5	Aged 6-16
Number of s	smokers in the house
l agree to a f	ollow up telephone questionnaire
Yes	No
Would you l	like a 'stop smoking advisor' to ?
Yes	No .
	/liss Initials
Surname Address	
Address	