



#smokefree
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SMOKE FREE FACTSHEET

This factsheet will provide you with helpful tips and links to websites on smoking and how to become smoke free.

SMOKING AND CHILDRENS HEALTH

Children are vulnerable to second hand smoke as they have less developed airways, lung and immune systems. Every year 9500 children are admitted to hospital because of the effects of second-hand smoke. By giving up smoking, you reduce your child's risk of illnesses like pneumonia, bronchitis, asthma, cancer, meningitis and other conditions. It is now illegal to smoke in vehicles with someone under 18 present and both drivers and passengers could be fined £50. What's more, quitting sets a good example - so children are much less likely to smoke themselves. The benefits of quitting smoking can be that you will be and feel a lot healthier, you will save a lot of money and you reduce your children's chances of ill health. Everyone's got their own reasons for stopping smoking - these are just some of them. Whatever your personal reason, it's a good idea to write it down, that way you'll be able to use it as a source of strength when you're feeling tempted.

Tip 1: Delay the first cigarette of the day by 5-10 mins everyday till eventually it's much later in the day until you have your first one.

Tip 2: Replace cigarettes with exercise; try taking a walk to distract you from the craving. This will help you to start associating not smoking with being fitter.

Tip 3: Make a quit smoking plan and stick to it.

Tip 4: Download the NHS Smokefree App

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Tip 5: Order a Quit Kit support pack from <https://quitnow.smokefree.nhs.uk/>

Tip 6: Visit your GP or Pharmacist for advice on nicotine replacement therapy

VISIT THESE USEFUL WEBSITES

<http://www.nhs.uk/smokefree>

A really useful site to find out how stopping smoking will change your life for the better.

<http://www.ash.org.uk/stopping-smoking/quitting-smoking/stopping-smoking-links>

Action on smoking and health website has links to other resources and websites to provide information around the effects of smoking and how to quit.

<http://www.nhs.uk/LiveWell/Smoking/Pages/stopsmokingnewhome.aspx>

NHS website providing advice about stop smoking.

<https://www.bhf.org.uk/heart-matters-magazine/wellbeing/stop-smoking/smoking-tips>

Information by British Heart Foundation provides advice about stop smoking and links to support services and forums.