



GIG
CYMRU
NHS
WALES

SMOKE-FREE TO KEEP OUR CHILDREN HEALTHY!



HELPA FII
STOPIO
-
HELP ME
QUIT

WHY HAVE A SMOKE-FREE HOME?

CHILDREN

- Protects their health; reduces the risk of your children developing asthma and many cancers such as lung cancer
- Discourages young people from taking up smoking



“Because I live in a smoke-free home, I’m less likely to start smoking”

HOMES

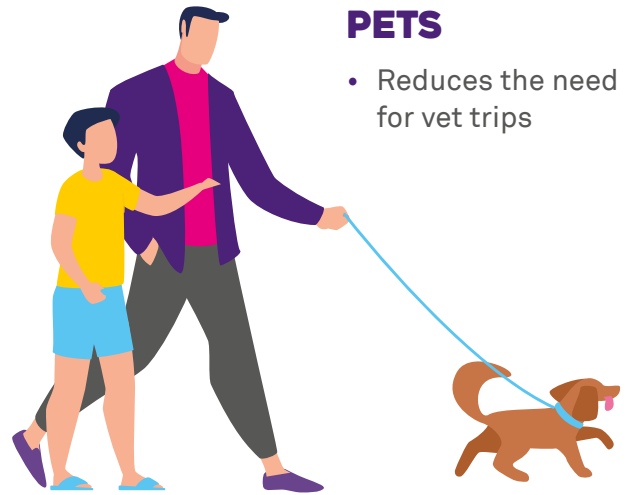
- Reduces the risk of fires in the home
- Prevents the build-up of third hand smoke in the home

“Smoking is the no. 1 cause of fires in the home; stub out the risks now”



PETS

- Reduces the need for vet trips



“My risk of a heart attack falls by half after being smoke-free for 1 year”



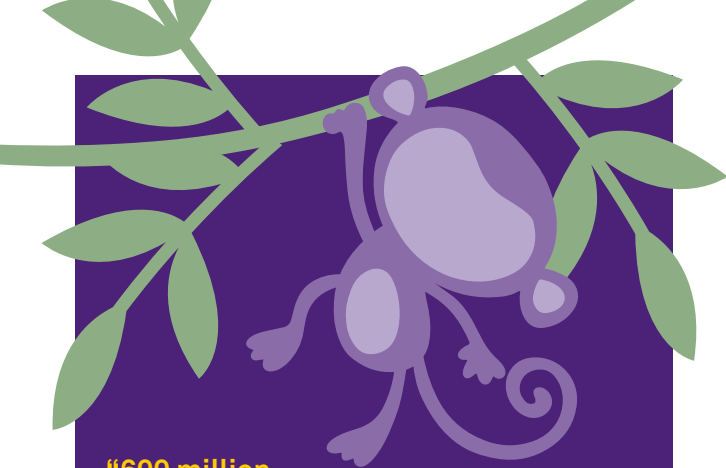
YOU

- Saves you money
- Protects your health
- Instant improvements to your health - breathing becomes easier after only 72 hours



“I gave up my 20 a day smoking habit and saved £4000 in a year – think of the family holidays we can have”





“600 million trees are cut down each year for tobacco; help us save our home”



ENVIRONMENT

- Reduces smoking litter in the community
- Improves your carbon footprint

There are many ways to keep our families happy, safe and healthy, but giving up smoking can make a huge difference to our loved ones.

GIVE YOURSELVES THE BEST CHANCE OF A LONG AND HEALTHY LIFE TOGETHER.

“Help keep my lungs clean and healthy by giving me a smoke-free home”



DID YOU KNOW?

- 80% of cigarette smoke is invisible
- Cigarette butts take 12-15 years to decompose
- There are over 7000 chemicals in one cigarette
- It is illegal to smoke in a vehicle with anyone under the age of 18
- 5450 people die in Wales each year from smoking-related illnesses
- Since March 2021, it is the law that playgrounds, school grounds and hospital grounds are smoke-free environments



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MAKE THE CHANGE, CHOOSE YOUR QUIT DATE TODAY!

**81.6% of adults in Wales are
smoke-free, you can be too!**

Access our free NHS smoking cessation service where you'll be offered a range of nicotine replacement therapies to help you combat your cravings and habits, and given weekly support from our Help Me Quit advisors throughout your quit journey.

You're 4 times more likely to quit smoking with NHS support than if you go it alone.

**Contact Help Me Quit and join
the 1000s of people who've
already become smoke-free.**

Visit helpmequit.wales or text
HMQ to 80818, or call **0800 085 2219**