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CYMRU  
NHS  
WALES

# SMOKE-FREE TO KEEP OUR CHILDREN HEALTHY!



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STOPIO  
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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”



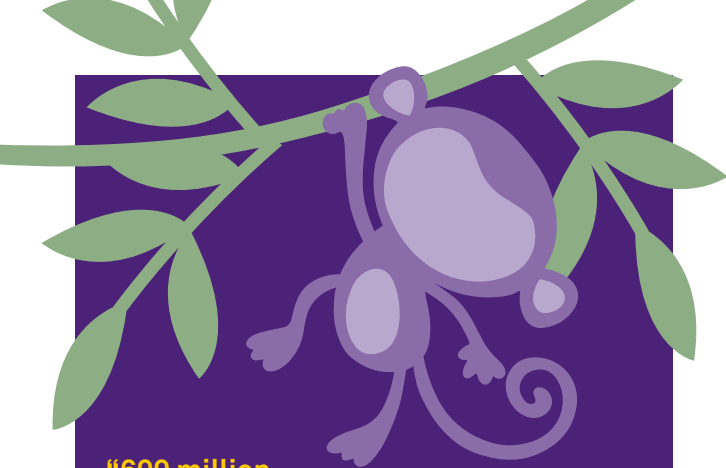
## YOU

- 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





## **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](https://helpmequit.wales) or text  
**HMQ to 80818**, or call **0800 085 2219**