

Your Smoke-Free Home

A safe, healthy environment for you,
your family, friends and pets



A smoke-free home is better for everyone

- ✓ Set a good example, lowering the chance your children will become smokers
- ✓ Reduce health risks to you, your family, friends and pets
- ✓ Save money
- ✓ Have a cleaner, fresher smelling home

You don't need to do it alone

Total Wellbeing

Luton

You are 3 times more likely to quit successfully with the help of your local stop smoking service.

Get in touch with Total Wellbeing Luton today: **Text '2save' to 60066**
Tel: 0300 555 4152

Email: info@totalwellbeingluton.org

Visit: Cloudies Vape Shop in High Town and ask about stop smoking support.

There are lots of ways to start your journey to a smoke-free home



The best way to create a smoke-free home is to quit smoking

It can be hard to quit and can sometimes take a number of attempts to quit for good but you're more likely to be successful with each attempt.



Take it outside

If you're not ready to quit, you can still make a commitment to keeping your home smoke-free by smoking outside, making sure to close windows and doors behind you.



Swap to e-cigarettes

E-cigarettes are significantly less harmful to health than cigarettes and there's no known risk to others from second hand vapour.

E-cigarettes have been shown to be effective in supporting people to quit.

You could save on average £840 each year by switching.

A smoke-free home will help you save money

In Luton, **27.8%** of people who rent through social housing are smoking.

People in Luton who live in social housing are **1.8 times** more likely to smoke than the general population of Luton.

The average smoking household spends approximately **£47 per week** on cigarettes and tobacco, meaning quitting could add up to an **extra £2,444 in our pocket each year.**

Stopping smoking is more about your health...



Tobacco for
one person
for one week

=



Groceries
for one person
for one week

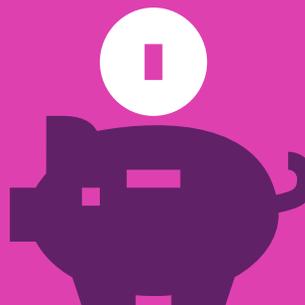
Or



Household
heating for
one week

If you're struggling with rent arrears, stopping smoking could clear you arrears in nine weeks on average.

Even simply taking smoking outside could mean you save money on redecorating due to smoke damage.



Protect those you care about from the dangers of second-hand smoke

80% of smoke is invisible and impossible to control

The only certain way to protect others from the 4,000 chemicals found in secondhand smoke is to not smoke at home.

Children are more vulnerable to the dangers of secondhand smoke.

Children have small airways and breathe faster meaning their lungs take in more of the dangerous chemicals found in secondhand smoke, putting them at risk of:

Breathing problems

Asthmas

Bronchitis

Ear infections

Smoke can linger in your home for up to 3 hours.

So you are putting others at risk long after you've finished your cigarette.

Smoke particles can also stick to you, the surfaces in your home and even your pet's fur meaning they ingest smoke particles through grooming.

Just like us, smoking puts pets at risk of health conditions like breathing problems and cancer.

Smoke drifting from your home can also affect the health and wellbeing of your neighbours.

There are lots of ways smoke can get into a home such as through open windows and doors, air vents, or cracks and gaps in floorboards and ceilings.

Tips for keeping your home smoke-free



Tell friends and family that you're going smoke-free and ask for their support



Let visitors know in advance that your home is smoke-free



Try nicotine spray, gym, patches, lozenges or switch to e-cigarettes



Remove lighters and ashtrays from your home



**Start your
commitment
today**



- 1. Write down why you want a smoke-free home in the space provided on the next page.**
- 2. Set a date to go smoke-free, sign the pledge and display it somewhere visible in your home.**
- 3. Submit a digital copy of your smoke-free pledge online using the QR code provided to be entered into a prize drawer to win a £100 love 2 shop voucher.**

Smoke-Free Home



My reasons for a smoke-free home:

-
-
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-
-
-



Date:

Signed:



Luton