



# Living Smokefree

A public resource

States   
of Jersey



# WHAT IS SECONDHAND SMOKE?

## What is secondhand smoke?

Secondhand smoke is a mixture of two forms of smoke that come from burning tobacco.

It consists of:

### **Mainstream smoke:**

The smoke exhaled by a smoker and;

### **Sidestream smoke:**

Smoke from the lit end of a cigarette, pipe, cigar, or any other form of tobacco burning. This type of smoke has higher concentrations of cancer-causing agents and is more toxic than mainstream smoke.

As exposure to secondhand smoke is involuntary, it is also called 'passive smoking'.



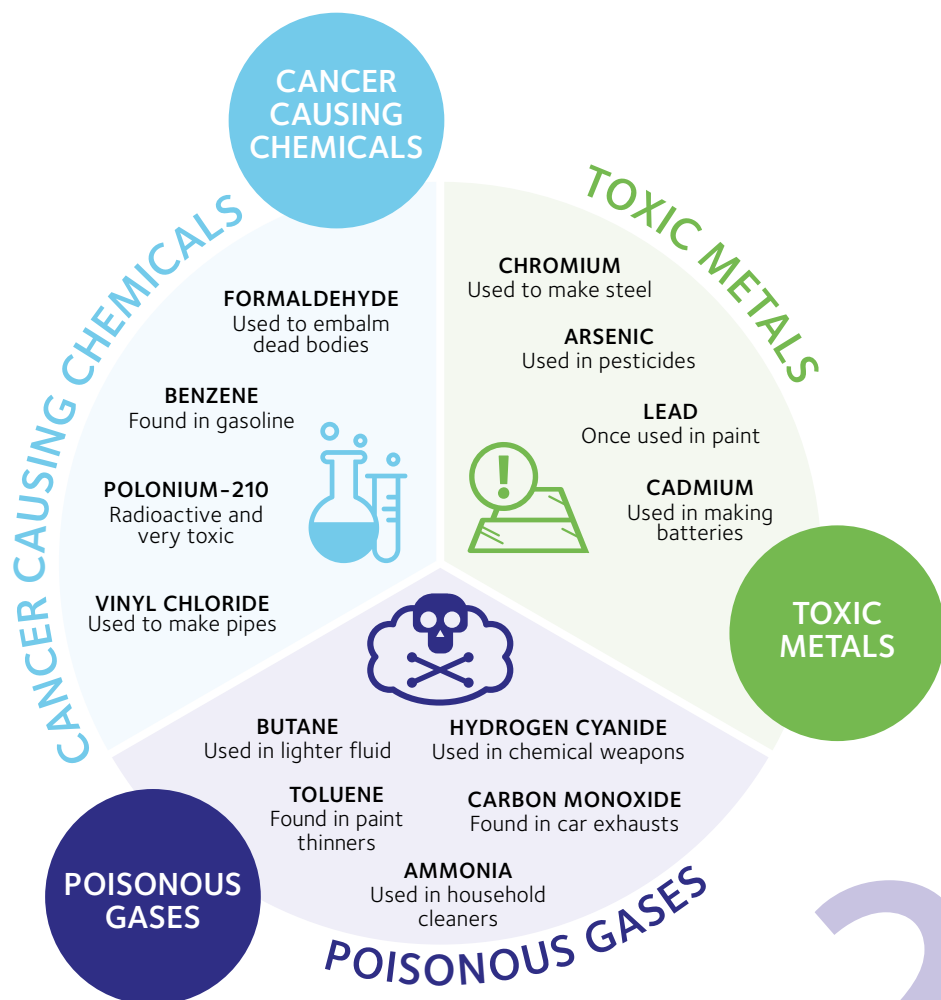
Sidestream smoke contains smaller particles which can make their way into the lungs and the body's cells.



# WHY IS SECONDHAND SMOKE DANGEROUS?

Secondhand smoke is a mixture of over 4000 chemicals. Many of these are poisonous and at least 70 are known to cause cancer, including arsenic and benzene formaldehyde.

+ There is no known safe level of exposure to secondhand smoke.



# HOW DOES SECONDHAND SMOKE HARM OUR CHILDREN?

Tobacco smoke can harm babies even before they are born. Pregnant women are at risk of having still births, preterm babies, or low birth weight babies following exposure to secondhand smoke.

Secondhand smoke affects children more because their airways are still developing and they take more breaths. They are also less able to avoid smoke.

## Babies and children exposed to secondhand smoke are at higher risk of:

- Sudden infant death syndrome (SIDS) also known as cot death.
- Breathing problems, coughing, wheezing and chest infections
- Asthma (those who already suffer with asthma suffer more severely and have more frequent attacks)
- Ear infections

Uptake of smoking in children is more likely if either of their parents smoke.

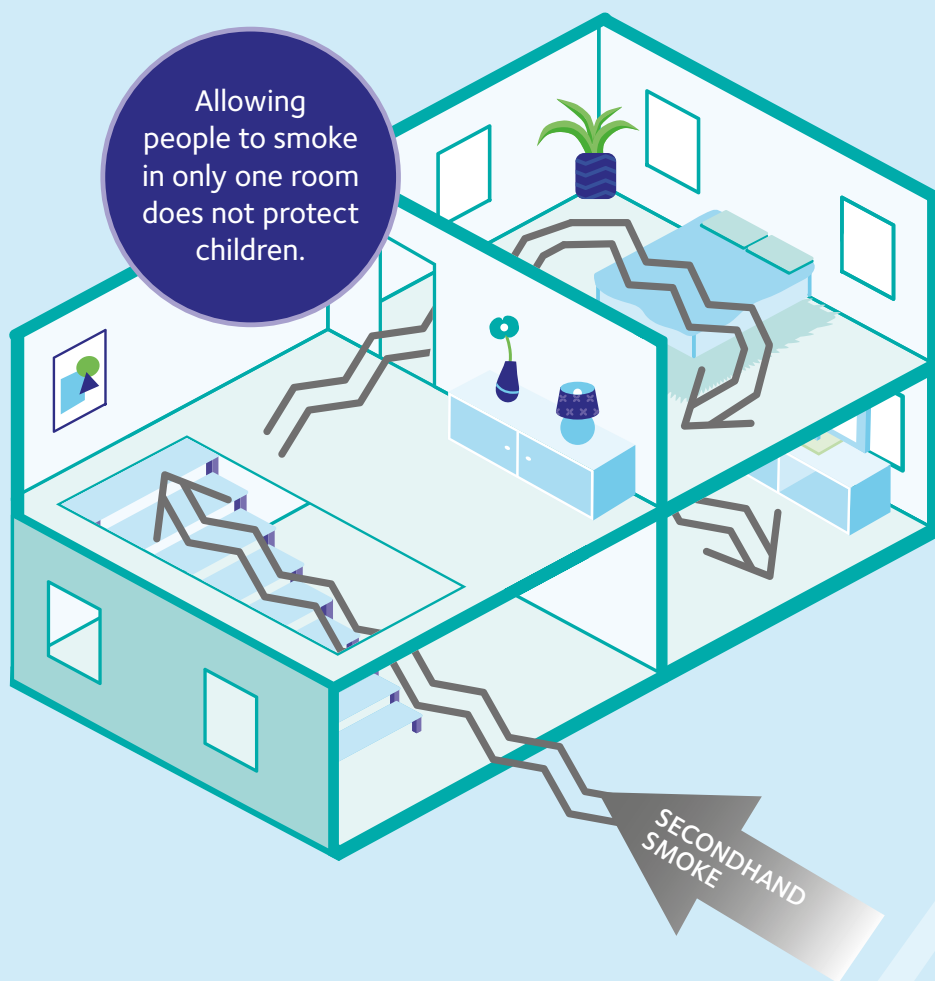
## What about e-cigarettes?

Not enough research has been done to fully know the effects of e-cigarette vaping on health, although so far research indicates it is safer than smoking. Because of this, **it's recommended that e-cigarettes are not used in a home where children live.** However, if using an e-cigarette means you can have a smokefree home, this is likely to be safer than smoking.



## There is no hiding from secondhand smoke at home or in cars. Here's why:

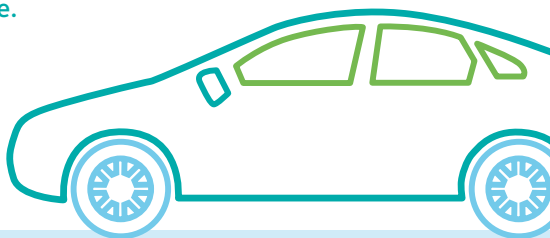
- Smoking in one room, or in a hall or stairwell does not protect children because it pollutes all the air in a house. Secondhand smoke goes under doors, windows and through cracks.
- Opening windows, or using extractor fans, air purifiers and air fresheners does not get rid of tobacco smoke.
- Smoking less or smoking when children are not there doesn't help, as smoke stays in a room for hours.



# SIMPLE STEPS TO MAKING YOUR HOME AND CAR SMOKEFREE:

- Decide to have a smoke free home and car and work towards a set target date to go smokefree
- Seek support from family and friends
- Request visitors to smoke outside and ask passengers in your car not to smoke inside the car
- Remove ashtrays from your home
- Create a space outside of the home for smoking
- Keep coats and umbrellas separate for use only when smoking outside
- Wash hands after smoking
- Seek advice from Help2Quit Stop Smoking Services if you feel you would like to stop smoking altogether
- Put a non smoking sign in the car.

**If children are cared for by child minders/ nannies, request them to smoke outside.**



**+ It is illegal to smoke in a motor vehicle carrying children and young people under the age of 18 years, with associated fines of up to £2500.**



# SUPPORT TO STOP SMOKING:

## Help2Quit Stop Smoking Services:

The Jersey Help2Quit Service helps hundreds of Islanders to stop smoking every year. If you would like support to stop smoking you can call **FREE** and speak to a Specialist Stop Smoking Nurse at Help2Quit on: **0800 735 1155**.

## Help2Quit Pharmacy Service:

- Is a **FREE** confidential and friendly service
- Offers an initial 30 minute appointment
- Will see patients for 8 weekly support sessions lasting 10 minutes
- Offers up to 12 weeks of **FREE** supply of nicotine replacement therapy for clients who attend support sessions
- Is provided by local pharmacies across the island.

**You can drop into one of the pharmacies to arrange an appointment with a trained Stop Smoking Advisor at a time that suits you.**

**Find a pharmacy that offers Help2Quit Services here:**

Pharmacy	Address	Telephone number
Boots	23-29 Queens Street	730432
Boots	Rue des Pres	625810
Boots	Centenary House St Peter	482164
Boots	Quennevais Parade	735536
Island Pharmacy	14 Gloucester Street	516171
Pharmacy Locale	New Era St Clement	720642
Pharmacy Locale	La Rue de L'Eglise St Peter	481512
Pharmacy Locale	Grande Marche St Helier	615994
Pharmacy Locale	Bath Street	724701
Queens Road	Queens Road Health Centre	762983
Lloyds Pharmacy	2-8 Oxford Road St Helier	721223
Lloyds Pharmacy	Millenium Arcade St Brelade	743301
Lloyds Pharmacy	Red Houses	741313
Lloyds Pharmacy	Quennevais Parade	743600
Lloyds Pharmacy	Gorey Village	854340
Lloyds Pharmacy	10 David Place	871098
Lloyds Pharmacy	7/8 The Parade St Helier	722862
Reids Pharmacy	Charing Cross	732242
Reids Pharmacy	The Lido Medical Centre	728883
Le Quesne	25 Don Street	722571
Castle Quay	Le Capelain House, Rue de L'Etai	833855



For more information:

Help2Quit Stop Smoking Services:  
[www.gov.je/Health/Help2Quit](http://www.gov.je/Health/Help2Quit)