

“Some idiot said smoking makes your teeth fall out – how stupid is that?”

Not that stupid, smoking increases the risk of gum disease which leads to tooth loss and bad breath – not an attractive option!



“Secondhand smoke never hurt anyone”

Secondhand smoke harms everyone – non-smokers and smokers alike.

Live Life Smoke Free

Compared to smokers, ex-smokers can expect to:

- Live longer
- Be healthier
- Be fitter
- Have more energy

“I don't mind how much it costs – it's up to me how I spend my money”

Quite right, but buying a pack of 20 a day can cost over £2,000 a year. What else could you spend that money on?

Where can I get help if I want to stop smoking?

The NHS Quit4Life service offers free, friendly help and professional support. Call them on **0845 602 4663** or visit **www.quit4life.nhs.uk** to find out what support is available, including free nicotine replacement patches, gum, inhalator and lozenges.

More fires in the home are caused by smoking than any other single cause.

To book a free fire safety visit, please contact:

Hampshire Fire and Rescue Service on **02380 626 809** or visit

www.hantsfire.gov.uk/yoursafety



**HAMPSHIRE
FIRE AND
RESCUE
SERVICE**

For more information on Live Life Smoke Free and Smoke Free Hampshire and Isle of Wight, visit www.smokefreehampshire.co.uk



**Smoke Free
Life, Sports
and Leisure**



© Rushmoor Borough Council
Produced March 2009

The Benefits Begin the minute you become smoke free!

Smoke Free Cars and Homes

- A smoke free home is a healthier home
- A smoke free home is a fresher, brighter home that doesn't need decorating so often
- A smoke free home is a safer home – more fires in the home are caused by cigarettes than any other single cause
- A smoke free car is more pleasant and does not smell of stale smoke
- Secondhand smoke can hang around for 2 hours even with a window open – avoid smoking in your car and home
- Keep your home smoke free by asking smokers to always smoke outside and away from the doors and windows

“My dad smoked and he lived until he was 80”

He was lucky. The fact is that 1 in 2 smokers will die from a smoking related disease.

“We've all got to die sometime”

Absolutely right, but a quarter of all smokers die before their time.



Smoke Free Children and Babies

- Children have very little control over breathing in secondhand smoke so it is up to us adults to protect them
- Babies and young children's lungs are not fully developed and they are more likely to get infections caused by breathing in tobacco smoke
- If children breathe in secondhand smoke their chances of getting asthma doubles
- Tobacco smoke contains 4,000 chemicals of which over 60 are known to cause cancer. Protect the delicate lungs of babies and young children from such harm

Smoke Free Sport and Fitness

By tackling smoking it is not just your health and wealth that improve but your physical and mental performance too.

- Stopping smoking is the single most important thing you can do to improve your health and fitness
- After just 72 hours of stopping smoking your breathing becomes easier
- After 72 hours your energy levels increase
- After just 2 weeks your circulation improves making exercise easier
- After 3 months coughs, wheezing and breathing problems improve as lung function increases

