

# HAVING A SMOKE FREE HOME

A SMOKEFREE HOME IS SAFEST FOR MOTHER AND BABY, BOTH DURING AND AFTER PREGNANCY



A smokefree home makes relapse less likely



Tobacco smoke lingers for a long time and many of its constituent particles are invisible to the naked eye



Using an e-cigarette can help with keeping a smokefree home

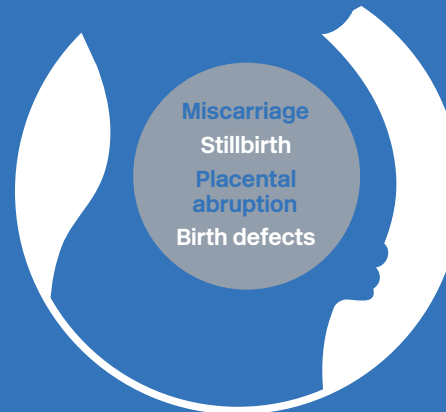


Opening windows doesn't protect mother or baby from secondhand smoke



There is **no** safe level of secondhand smoke

Secondhand smoke harms a developing foetus with the increased risk of...



smoking in pregnancy challenge group

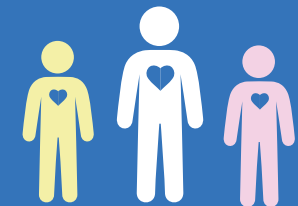
smokefreeaction.org.uk

Each year, children exposed to secondhand smoke results in:

**22,000** new cases of asthma      **200** cases of bacterial meningitis

**9,500** hospital admissions

**40** sudden unexpected deaths in infancy



Children who grow up in a smokefree home are less likely to take up smoking themselves