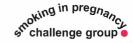
## ▲Secondhand smoke is toxic



Secondhand smoke contains more than **7,000 chemicals**, many of these are toxic or cause cancer. People breathe in these chemicals when someone around them smokes



### **Toxic metals**

- Arsenic
- Cadmium
- Chromium
- Lead

Can cause cancer Can cause death Can damage the brain and kidneys



# Cancer causing chemicals

- Benzene
- Formaldehyde
- Polonium 210
- Vinyl chloride

All are extremely toxic



## Poison gases

- Ammonia
- Butane
- Carbon monoxide
- Hydrogen cyanide
- Toluene

Can cause death
Can affect heart & respiratory functions
Can burn your throat, lungs and eyes
Can cause unconsciousness

## Why smoking matters

Smoking is especially harmful in pregnancy. Secondhand smoking – breathing in other
people's cigarette smoke – can cause problems such as miscarriage, premature birth
and birth defects so it's really important that pregnant women are not exposed to tobacco
smoke.

## What support is available

There is lots of support available to help you quit smoking. Your midwife or
healthcare professional should refer you to a stop smoking service where you can get free
support to quit. Healthcare workers can also refer other smokers in your household for
support to quit to protect you and your baby from secondhand smoke.

#### **Smokefree homes**

- If you're not able or ready to quit smoking, you should work to keep your home smokefree and can use nicotine replacement therapy or an e-cigarette to help you deal with cravings.
- If you have to smoke, you should take at least 7 steps outside to prevent smoke drifting indoors.

For support to quit smoking call:

0114 226 5627

Email:

sth.stopsmokingmidwiferyteam@nhs.net

or search **nhs.uk/smokefree** for information and advice on quitting