

**Keep your family  
safe from**



# **secondhand smoke**



**Did you stop smoking when you  
were pregnant? If so fantastic!**

Here are some reasons why it is a good idea to stay a non-smoker. This will protect you and your family from the dangers of smoking and secondhand smoke.

## Benefits of staying a non-smoker

- No longer inhaling 4,000 chemicals like carbon monoxide and tar.
- Better health for you by reducing the risk of heart disease, stroke and cancer.
- More money for you and your family.

## Benefits of a smokefree home and car

- Your children will not be inhaling 4,000 harmful chemicals that come from your tobacco smoke.
- A healthy environment for you and your family.
- Less risk of cot death.
- Less risk of your children becoming ill with coughs and ear infections.
- Less risk of your children suffering from wheezing, asthma and bronchitis.
- Will also help you to stay a non-smoker.

## If you start smoking again...

You're local Quit Your Way stop smoking service can help you to stop.

- If you are pregnant or breastfeeding call **0141 201 2335** otherwise...

Call **Quit Your Way** Scotland on **0800 84 84 84** or visit our website **[www.nhsggc.org.uk/quityourway](http://www.nhsggc.org.uk/quityourway)**