



# Secondhand smoke and home visits

**QUIT YOUR WAY**  
with our support

# What can I do?

Smoke from your cigarette can damage the health of people who visit your home. If you or someone else in your home smokes, please help our staff to stay smoke-free by:

- **Not smoking during the visit**
- **Asking other people in the house not to smoke during the visit**
- **Ventilating the room before the visit if you can (e.g. by opening a window or door)**
- **Please refrain from smoking inside the home for 1-hour before your visit**

## **Why is smoking bad for me?**

Most people know that smoking can cause illness and that it can also kill. This is because tobacco smoke is made up of over 4,000 chemicals and poisons – some can cause cancer, others can put strain on the heart or make it hard to breathe.

### **Some of the poisons in tobacco smoke are:**

- Ammonia – found in bathroom cleaning liquids
- Benzene – can cause cancer
- Carbon Monoxide – found in car fumes

## **Why is my smoke bad for others?**

When someone breathes in other people's tobacco smoke, this is called 'secondhand smoking' or 'passive smoking.' Secondhand smoking is harmful, just as smoking is, and can cause diseases that can kill.

### **These include:**

- Cancer
- Coronary heart disease
- Lung disease

It can also make people with asthma feel ill, and can cause an asthma attack.

Secondhand smoking is bad for the health of an unborn child. When someone is pregnant and breathes in tobacco smoke, the baby also takes in the smoke – and the poisons that are in it.

## **A safe workplace**

It is the duty of the NHS to provide a safe and healthy workplace for its staff. The Smokefree Scotland law protects people from the harm caused by secondhand smoke by banning smoking in most public places. But it does not protect staff who visit you in your home. Our No Smoking Policy wants to keep these staff as free from harm as we can, by asking you to help.

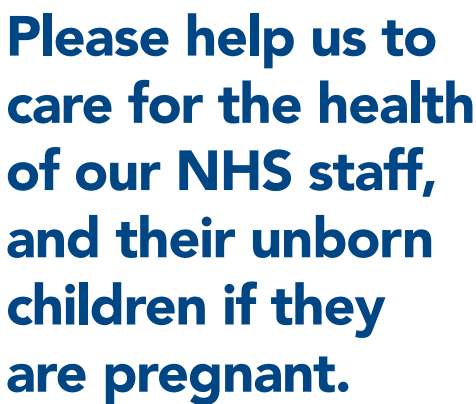
**Thank you for helping to  
protect your:**

**Health visitor** \_\_\_\_\_

**Midwife** \_\_\_\_\_

**Nurse** \_\_\_\_\_

**These people are happy to  
provide you with NHS services  
– please help to make their  
workplace a safe place to be.**



**Please help us to  
care for the health  
of our NHS staff,  
and their unborn  
children if they  
are pregnant.**

### **How to use this leaflet:**

This leaflet can be used by NHS Greater Glasgow and Clyde staff who visit patients in their own homes to provide a NHS service. It is designed to help them explain the dangers of secondhand smoking to clients, and to list the ways in which clients can protect the health of our staff from the hazards of tobacco smoke. This is in line with the NHSGGC No Smoking Policy, which makes a commitment to reduce the health risks of home visits by communicating with patients on this matter.

To view the NHSGGC No Smoking Policy visit [🌐 NHSGGC Smoke Free Policy - NHSGGC](#)



**Want to stop smoking?**


**Call Quit Your Way Scotland**

**0800 84 84 84**

or visit

 **[quityourway.scot](https://www.quityourway.scot)**

You can get a copy of this document  
in different formats on request.

For stop smoking support in the  
NHS Greater Glasgow and Clyde  
area call  **0800 916 8858**

or visit:

 **[www.nhsggc.scot/quityourway](https://www.nhsggc.scot/quityourway)**

NHS Greater Glasgow & Clyde has a  
Complaints Handling Policy.

If you wish to formally complain about  
any of our services, please contact

 **0141 201 4500**