

## Setting the record straight about secondhand smoke

**False**

Once smoke has visibly cleared from the room, the danger from secondhand smoke has gone.

**False**

I wind down the windows in my car and try to blow the smoke out so the smoke isn't in the car at all.

**False**

Burning candles helps the smell go away, so the air is not filled with smoke.

**False**

Opening windows and doors, or restricting smoking to one room in the house will get rid of secondhand smoke.

**fact**

All secondhand smoke is a danger – not just smoke we can see in the air. We actually can't see 85% of secondhand smoke

## Living in the real world

The only way you can fully protect your family from secondhand smoke is if you smoke outside. Lots of people we talk to would like to smoke outside but say that it can be difficult for lots of reasons.

### So what can you do?

- Think about different things you can do to reduce the risk of exposing your family to secondhand smoke
- Perhaps a first step might be to stop smoking in the car
- If you smoke and want to cut down, try using nicotine replacement therapy, especially when you are with your children

### Get in touch

Maybe in time, you will also decide to stop smoking altogether. There's lots of help available and we are happy to help. Call the number below when you are ready.

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

NHS Greater Glasgow and Clyde has a Complaints Handling Policy. If you wish to formally complain about any of our services, please contact 0141 201 4477.

For more information about secondhand smoke and to receive a free DVD call:

**Smokeline on 0800 84 84 84**

visit our website:  
[nhsggc.org.uk/smokefreeservices](http://nhsggc.org.uk/smokefreeservices)

Keep your family safe from

**second  
hand  
smoke**

