

How do I make a start?

Start protecting your family and make a positive change in your home in relation to smoking by taking either a Gold or Silver Pledge

- **Silver** – promises to limit smoking in one area of the house and never in front of children
- **Gold** – promises to make your home and car totally smoke free

You will receive practical information and advice on keeping your home and car smoke free throughout the programme



Atlantic Print, Galway 091 750950

How Do I Register?

Contact **Bernadette** by call or text on 086 4159621 and you will receive your smoke free homes pack.



“A simple change in smoking habits can make your home a healthier place to live in for all the family”



Smoke Free Homes Initiative

Now is a Good Time To Take a Pledge and Make Your Home and Car Smoke Free!



Protect Your Family From Second Hand Smoke with Free Advice and Support





Did You Know?

- When you smoke at home everyone is exposed to second hand smoke, including children and babies
- Cigarette smoke contains over 7,000 chemicals
- Smoke lingers in the air several hours after being put out and clings to fabrics like clothes, curtains and furniture despite good intentions of smoking by open doors or windows
- Smoking in the home puts others at risk of lung cancer and heart disease
- Babies and children are particularly vulnerable, and are more at risk of bronchitis, asthma and ear infections
- Babies exposed to second hand smoke are more at risk of cot death
- There is no safe level of exposure to second hand smoke

What are the Benefits of Smoke Free Household?

- Your Household will be healthier breathing in smoke free air
- Your family will have reduced risk of
 - asthma
 - chest infections
 - cot death
 - ear infections
 - heart disease
- Your children will be less likely to smoke in later life
- Smokers will find it easier to kick the habit
- You are less likely to have a house fire
- Your home will feel fresher and need decorating less often

Are you thinking about quitting smoking?

If you are we can help with this new free service.

Roscommon Children and Young People's Services Committee is supporting a new initiative in the County which aims to help smokers to reduce or quit smoking.

The Smoke Free Homes programme encourages participants to make a pledge to reduce or quit smoking to protect children from the damage caused by second hand smoking. Participants will benefit from weekly support visits and free nicotine replacement therapy if they decide to quit smoking

