

Want to stop smoking?  
Call Smoking Concerns on 0141 201 9825 or visit  
[www.smokingconcerns.com](http://www.smokingconcerns.com)

26 03 06

Thank you for helping to protect your:

|                |             |
|----------------|-------------|
| Health visitor | Case worker |
| Midwife        | Doctor      |
| Nurse          | Carer       |

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



**How to use this leaflet:**

This leaflet can be used by NHS Greater Glasgow staff who visit patients in their own homes to provide a NHS service. It is designed to help them explain the dangers of passive 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 NHSGG 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 NHS GG No Smoking Policy visit [www.nhsgg.org.uk/smokefree](http://www.nhsgg.org.uk/smokefree)



Passive smoke  
and home visits



**SMOKEFREE**

NHS Greater Glasgow and Clyde's No Smoking Policy

## 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 'passive smoking'. Passive 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.

Passive 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 new Smokefree Scotland law protects people from the harm caused by passive smoke by banning smoking in most public places. But it does not protect staff who make home visits. Our new No Smoking Policy wants to keep these staff as free from harm as we can, by asking you to help.

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