

# Reducing paediatric exposure to environmental tobacco smoke

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**WARNING**

**Tobacco smoke  
hurts everyone.**

Infants who are exposed  
to tobacco smoke are at  
greater risk of dying from  
Sudden Infant Death  
Syndrome (SIDS).

Need help to quit?



1-866-366-3667

[gosmokefree.gc.ca/quit](http://gosmokefree.gc.ca/quit)

Health Canada











**I'd love to quit smoking.  
But my dad won't let me.**

**SECONDHAND SMOKE  
IS FIRSTHAND DEATH.**

Protect your children from secondhand smoke.

**Kinder  
KREBS  
STIFTUNG**  
Kinderkrebstiftung.de











**MAKING EVERY  
CONTACT COUNT**

# JUST 30 SECONDS

can help  
**reduce**  
a child's exposure to  
secondhand smoke.



## Ask

Are the parents, carers or child a smoker, ex-smoker or non-smoker?



## Advise

That the best way to quit is with a combination of medication and specialist support.



## Act

On a patient's response - give information and refer to our local Stop Smoking Services.

**Exposure to tobacco smoke increases a child's risk of respiratory complications from a general anaesthetic, so remember:**

The very brief advice you deliver can help to reduce this exposure and benefits the child's health at the time of surgery and for the rest of their life!

### Over 18

Yorkshire Smokefree Sheffield:  
0800 612 0011 FREE from landlines  
0330 660 166 FREE from most mobiles  
sheffieldstopmaking@nhs.net

### 18 or under

Zest:  
0779 563 7044  
smokefree@zestcommunity.co.uk

  
Yorkshire  
Smokefree Service

  
zest  
community

# DID YOU KNOW?

# 80%

of tobacco smoke is **invisible** and impossible to control.



Smoking with a window open, at the back door, or in another room does not stop smoke drifting in.



Smoke lingers in your home for up to 3 hours.



Smoke clings to clothes, hair, furniture, carpets and other surfaces long after you've stopped smoking.

**If a child is exposed to tobacco smoke before surgery it can affect their anaesthetic recovery.**

The best way to protect your child is to not smoke around them or go smokefree altogether. For more information and support contact our local Stop Smoking Service or visit the website.

Yorkshire Smokefree Sheffield:  
0800 612 0011 FREE from landlines  
0330 660 1166 FREE from most mobiles  
sheffieldstopsmoking@nhs.net

  
Yorkshire  
Smokefree Service



# STOP SMOKING BEFORE YOUR ANAESTHETIC

Problems arising from an anaesthetic are more likely to happen if you're a smoker.



Smoking makes it harder for oxygen to get round your body



It could mean more coughing and wheezing.



It can also make it difficult to breathe during and after surgery.



It increases risk of infection.



It could lead to a longer hospital stay.

The best thing you can do for your health is to quit smoking and our specialist team is here to help you succeed.

If you're 18 or under

Zest:  
0779 563 7044  
[smokefree@zestcommunity.co.uk](mailto:smokefree@zestcommunity.co.uk)

**zest**  
FOR THE COMMUNITY



National Centre for Smoking Cessation  
and Training (NCSCCT)

## Very Brief Advice on Smoking (VBA)

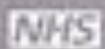
*Date and venue*

NCSCCT


Ask

Advise

Act



NHS



Your smoking harms your child.

Over 90% of cigarette smoke is invisible. So no matter how careful you are they will breathe in the harmful poisons. If you could see what is really there you wouldn't smoke.

Text 0800 4746 1430 for a free  
Smokefree kit or visit [smokefree.nhs.uk](http://smokefree.nhs.uk)



SMOKEFREE