

TOBACCO FREE

When asked, over 60% of drivers who smoke want help to stop.

If you are thinking of stopping smoking and not sure how to make the next step, contact your local NHS Stop Smoking Service on 0161 655 1581.



Great reasons to quit

- Reduce your chances of getting heart disease and cancer, as well as many other preventable diseases
- Increase your fertility and virility
- Save money - on average, a 20 a-day smoker would save about £2000 a year by stopping smoking.



Visit the 'stop smoking' pinwheel at www.doyoufeelgood.org to see how much you could save.



Chewing Tobacco

Chewing tobacco, including paan and gutkah, has a number of risks such as throat, mouth lip or tongue cancer. Chewing paan with tobacco makes you 5 times more likely to develop oral cancer.



The NHS Asian Tobacco Helpline provides a dedicated confidential and free advice service on how to give up smoking cigarettes, bidi or shisha as well as chewing tobacco and tobacco in paan.

The phone numbers are:

0800 169 0881	Urdu	0800 169 0882	Punjabi
0800 169 0883	Hindi	0800 169 0884	Gujarati
0800 169 0885	Bengali		

If you smoke or chew tobacco including paan and gutkah, giving up is the most important thing you can do to improve your health.



Water pipes, such as shisha

Although often associated with social activity, using shisha is also bad for your health. Shisha tobacco smoking delivers nicotine and even though the smoke passes through water it contains high levels of toxic compounds including carbon monoxide, heavy metals, and cancer-causing chemicals.

Research has shown that shisha use for 30 minutes gives the equivalent carbonmonoxide levels you would get from smoking 30 cigarettes!



Staying within the law

Don't forget that it is against the law to smoke in a taxis, private hire vehicles, hackney cabs, etc. These vehicles must be smoke free at all times, including when not carrying passengers.

If you are found smoking in a smoke free vehicle you will receive a £50 fixed penalty notice. If you allow others to smoke you may be prosecuted and fined up to £2500 for failing to prevent smoking. If you have customers who try to smoke, remind them that they can also be fined £50 for smoking in your vehicle.

Don't forget - smoke free stickers must be placed in a visible location in the vehicle and they act as a reminder to everyone.



Avoid cheap tobacco

You are more likely to smoke more as it's cheaper, and it could be smuggled or counterfeit.



Make your home smoke free

The best thing anyone can do for their health and that of their family is stop smoking. The next best thing you can do is take 7 steps outside rather than smoking in the house.

Second hand smoke is linked to a number of health problems in children, such as cot death, wheezing, ear infections and general poor health. If you do smoke, always take it outside and encourage others to do the same around your child.

For more information about 'take 7 steps' and the **smoke free home campaign** contact **01706 924225**.

