

Second-hand smoke

Second-hand smoke is when someone breathes in smoke from someone else's cigarette, even if they're not smoking themselves.

Breathing in this smoke can be harmful, especially for children and adults with health problems. Smoke can also stick to clothes, furniture, and other surfaces – even if you can't see it, it can still be dangerous.

Health risks

- Non-smokers can get sick from second-hand smoke – it can cause lung problems, heart disease, and cancer
- Children are at higher risk of asthma, ear infections, and even sudden infant death
- It's especially harmful for pregnant people, older adults, and anyone with health issues

Smoke-free laws

- It's illegal to smoke indoors in public places and workplaces
- Since 1 October 2015, it's against the law to smoke in a car if anyone under 18 is inside
- These laws help protect people from second-hand smoke

Take action:



Keep your home and car a smoke-free environment.



Choose smoke-free public places or sit away from the designated smoking areas.



Encourage family and friends to smoke outside, away from others.