

Healthy Lifestyle

Would you like to stop smoking?

Need an incentive?

If you smoke, your child is:

- **Twice as likely to get illnesses e.g. croup, pneumonia and bronchitis.**
- **More prone to ear infections, tonsillitis, wheezing and childhood asthma.**
- **Exposed to poisonous gases, tar and thousands of toxic chemicals.**
- **More likely to smoke themselves.**
- **More likely to need hospital care in their first year of life**
- **Likely to be sick from school more often.**
- **More sensitive to smoke than adults as their bodies are young and still developing.**

Make sure your house is totally smoke free thereby protecting your loved ones from the harmful effects of second hand smoke. Show your commitment by signing up to Harrow Smoke Free Homes. For more details call 020 8966 1008 or email: smoking@harrowpct.nhs.uk

Useful Contacts

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www.gosmokefree.co.uk
www.smokefreelondon.com
www.smokefreeengland.co.uk
www.ash.org.uk
www.quit.org.uk
www.bupa.co.uk/health_information/asp/healthy_living/lifestyle/smoking/

For more details contact:

Tel. 020 8966 1008

Email: smoking@harrowpct.nhs.uk

NHS support to stop smoking available through community pharmacies within Harrow:

Tel. 020 8966 1008

(For your nearest participating pharmacy and further advice)

For late opening pharmacies:

Tel: 020 8861 3138