



## PASSIVE SMOKE AND HOME VISITS

### 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 breath.

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 poisons that are in it.

### A safe workplace

It is the duty of CISWO 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 for your 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 (eg by opening a window or door)**

Please help us to care for the health of our staff