

There is strong community support for smoke-free public places

Under Queensland's tobacco laws, the following places are smoke-free:

- inside public venues, such as workplaces, offices, hotels, clubs and restaurants
- commercial outdoor eating or drinking venues
- within 10 metres of children's playground equipment
- within four metres of non-residential building entrances
- between the flags on patrolled beaches
- at major sporting stadium
- in motor vehicles carrying children under the age of 16 years
- at all public and private health facilities and all state and non-state schools, and for five metres beyond their boundaries.

For further information on Queensland's tobacco laws, visit the Queensland Health website or call the Queensland Government call centre on **13 QGOV (13 7468)**.

Reference:

1. U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. U.S. Department of Health and Human Services, Centres for Disease Control and Prevention, National Centre for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.

Further information

www.qld.gov.au/health/staying-healthy/atods/smoking

HOW TO QUIT

To improve your chance of quitting smoking for good, it is a good idea to plan ahead.

You may find these tips helpful:

- **Get support.** Quitline's trained counsellors are available seven days a week to help you through the process of quitting—call **Quitline 13 QUIT (13 7848)** for free information, practical assistance and support.
- **Talk to your health professional.** Discuss quitting smoking with a general practitioner (GP), pharmacist or community health worker, and plan your quit strategy together.
- **Consider using pharmacotherapy.** Different products are available to help you quit smoking. Nicotine replacement therapy (NRT) includes patches, gum, lozenges, inhalers and mouth spray. The aim of NRT products is to replace some of the nicotine from cigarettes without the harmful chemicals found in tobacco smoke, thus reducing withdrawal symptoms, such as cravings and anxiety. *Bupropion Hcl* and *Varenicline* are non-nicotine medications that are also effective in helping smokers to quit. *Bupropion Hcl* and *Varenicline* are available only on prescription and your GP can help decide if they are suitable for you.

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Passive smoking

Smokers not only put themselves at risk of serious health problems, they also put the people around them at risk of the toxic chemicals in tobacco smoke.

What is passive smoking?

The process of smoking produces three different types of tobacco smoke:

1. Mainstream smoke—smoke directly inhaled by the smoker through a burning cigarette.
2. Exhaled mainstream smoke—smoke breathed out by the smoker.
3. Sidestream smoke—smoke which drifts from the burning end of a cigarette.

Passive smoking—sometimes referred to as second-hand smoke—is the inhalation of exhaled mainstream smoke and sidestream smoke.

Passive smoking is a proven health hazard with more than 600 published medical reports linking passive smoking to diseases.

What are the health effects of passive smoking?

Tobacco smoke contains more than 7000 chemicals—at least 70 of which are known to cause cancer. Non-smokers with long term exposure to tobacco smoke have up to a 20–30 per cent higher risk of developing lung cancer when compared with non-smokers who have not been exposed.

The more time non-smokers spend exposed to tobacco smoke, the worse the risk to their overall health.

Evidence about the dangers of passive smoking continues to mount, with a recent U.S. Surgeon General's report confirming that there is no safe level of exposure to tobacco smoke, and that passive smoking is related to many adverse health effects¹.

Passive smoking causes lung cancer and coronary heart disease in adults.

It has also been suggested that passive smoking may cause:

- breast cancer
- nasal sinus cancer
- stroke
- acute and chronic respiratory symptoms
- onset of asthma and worsening of asthma
- respiratory symptoms, such as coughing and wheezing
- pre-term delivery.

In addition, some effects of passive smoking are immediate, including:

- eye and nose irritation
- sore throat
- cough.



What about passive smoking and babies?

Young children are very susceptible to the health effects of tobacco smoke because they have smaller and more delicate lungs than adults, and their immune systems are still developing. Children with parents who smoke record nicotine levels the same as if they were actually smoking up to 150 cigarettes per year, and breathe in many of the same cancer-causing chemicals.

Babies and children exposed to tobacco smoke are at serious risk of:

- sudden infant death syndrome (SIDS)
- bronchitis, pneumonia and other lung or airway infections
- respiratory symptoms, such as coughing and wheezing
- middle ear disease (glue ear)
- asthma.

Having cigarettes around the home also exposes children to danger. A baby or child who eats a cigarette, or even just a cigarette butt, can become very sick. Cigarettes and cigarette ash can inflict burns and eye injuries, and lighters and matches may cause serious injuries as well.

Make your home smoke-free

The risk of a non-smoker developing a disease related to passive smoking rises with the number of smoking household members and their overall exposure to tobacco smoke. Smoking in another room of the house, or opening a window, does not eliminate the exposure of non-smokers to tobacco smoke.

Consider making your home smoke-free—this means that people who live in the home, or visitors to the home, can only smoke outside, away from doors and windows.