

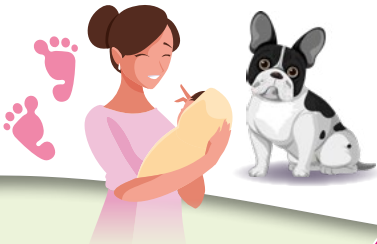


# it's time for a smoke-free home

**Second-hand smoke is bad for your loved ones...**

## Did you know?

- Non-smokers who are exposed to other people's smoke long-term have a 20-30% increased risk of lung cancer and coronary heart disease.
- Children breathe faster than adults, which means they take in more of the 7,000 harmful chemicals in second-hand smoke, and is a cause of respiratory illnesses and infections, cot death, middle ear disease and asthma attacks.
- Children whose parents smoke are 4 times as likely to take up smoking themselves.
- Family pets are at a high risk of disease and illness due to second-hand smoke.



**Turn over to start your quit journey...**

**It's free!**

**everyonehealth**  
because everyone matters

**Fitter Futures**  
Warwickshire

Funded by Warwickshire County Council



# it's time to quit for good



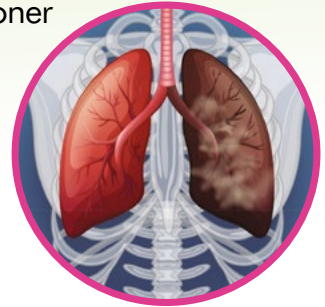
## What we offer

- 12 weeks of one-to-one support, delivered in your area – face to face or digital
- Help with managing cravings and withdrawal symptoms
- Free Smoking App
- Free nicotine replacement therapy (NRT) products
- Delivered by a specialist stop smoking practitioner



## Who can we help?

- Live in Warwickshire
- Registered with a Warwickshire GP
- Aged 12 +



## What do I do now?

Text: **QUIT** to **60777**

Tel: **0333 005 0092**

Visit: [fitterfutureswarwickshire.co.uk](http://fitterfutureswarwickshire.co.uk)



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