



Please protect our staff from secondhand smoke



Information for people
receiving home visits



How to protect staff from exposure to secondhand smoke

Don't smoke inside the house for at least 1 hour before they arrive.

Open windows and doors to fully ventilate the area.

If your treatment is regular and for a period of time, try to keep the room in which it takes place smokefree at all times.


If you are unable to do this (ie unable to go outside) keep the room in which your treatment will take place smokefree and close all doors to this room.

During the visit

Do not smoke or let anyone in the house smoke in the area in which your treatment is taking place.

Wherever possible, when the staff member is in the house, ask other smokers to smoke outside.

Manchester Community Health's policy



We ask our staff to check whether any environment they enter is safe for them to work in. If it is not smokefree we will support staff who choose to leave because of the risk to their health. If it is possible, you will be offered alternative treatment options, i.e. to come in to a clinic.

All routine visits will be pre-booked and whenever possible you will be given a time for the visit.

Why do we need to protect staff from secondhand smoke

Cigarette smoke contains more than 4000 chemicals, including ingredients of ant poison, rocket fuel and floor cleaner. These spread around the room and house, even if the windows are open. It can cause heart disease, stroke and lung cancer in non smokers, premature birth and low birth weight babies in pregnant women, and cot death, asthma and ear infections in babies and children.

Being exposed to secondhand smoke even for a short time can cause eye irritation, headache, cough, sore throat, dizziness and nausea. This is why since 1st July 2007 in England we have been protecting people at work from secondhand smoke.

Manchester Community Health is required by the Health and Safety at Work Act 1974 to ensure that employees and others are not put at risk.



We therefore thank you for your support in providing a smokefree environment when our staff visit you at home to provide you with your treatment.

Manchester Stop Smoking Service - 0161 205 5998

Manchester Smokefree Homes Scheme encourages and supports you to make your home smokefree.



If you want to get more information or support for going smokefree, or help to stop smoking, please ring Manchester Stop Smoking Service on 205 5998, or see www.stopsmokingmanchester.co.uk We are here to help you.



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What's available to help you to stop smoking?

Your G.P, practice nurse, midwife, health care assistant, health visitor, pharmacist, or other health professional, can offer you advice and/or support, including nicotine replacement therapy (patches, gum etc)

Telephone Manchester Stop Smoking Service on 205 5998 for information on your nearest pharmacy providing reduced cost or free nicotine replacement therapy and support.

We have stop smoking specialist advisors based at North Manchester General, St Mary's, and The Manchester Royal Infirmary, Withington and Wythenshawe hospitals. You may be referred to a specialist if you feel that you need more help with the behavioral aspects of stopping smoking.

Why not do something today. Pick up the phone and give us a call on 205 5998, it will be the best thing you can do for your health and your future.

Good luck!