**HOME OXYGEN AND THE RISKS OF SMOKING**

This leaflet has been prepared by the London Respiratory Team as home oxygen is being organised as part of your treatment. It gives guidance on the dangers of smoking and oxygen and some tips on why and how to access support to stop smoking. *If you are a non-smoker or an ex-smoker and none of your family, friends or visitors smoke in your home, the information provided below is not relevant to you.*

You may already know that if you are a smoker, stopping smoking is the most important thing that you can do to improve your health. Do you also know that your lungs start to clear in a day, your taste improves in 2 days, your skin will improve and after only 3 days your breathing will be easier? See [www.nhs.uk/livewell/smoking](http://www.nhs.uk/livewell/smoking) for all the other benefits of stopping smoking.

Having oxygen installed in your home is a **good time for you, and those you live with who smoke to think about stopping smoking** as the risks and consequences of fire are much greater in homes where people smoke and use oxygen, for example:

- 2 out of every 3 fires in homes where there is home oxygen are the result of the oxygen user smoking
- 1 in 4 people, where the fire is the result of smoking while using oxygen, die from their injuries.

**Is it too late to stop smoking?** It’s never too late! Whenever you stop, your life expectancy will increase...... and you will **reduce the risk of a fire** by stopping smoking especially now you are having oxygen installed at home.

**How can I succeed at giving up smoking?**

We know many smokers with lung disease have tried to give up before and many want to quit but find it hard to do so and aren't sure how best to do it.

You are much more likely to be able to stop smoking if you work with a **quit smoking team and use nicotine replacement or tablet medication.**

**How can I help someone who lives with me to stop smoking?**

Having oxygen installed is also an opportunity for those you live with to think about quitting – making an appointment with a smoking cessation advisor at your GP surgery, pharmacy or hospital together is a good way to start.

**Ask your GP, nurse or pharmacist for a referral to your local smoking cessation team**

**Call Smokefree: 0800 022 4 332**