

SECONDHAND SMOKE RISKS

- Secondhand smoke is a mixture of sidestream smoke (the smoke released from the burning end of a cigarette, pipe, or cigar) and mainstream smoke (the smoke exhaled by the smoker).¹
- The Surgeon General concluded that secondhand smoke causes disease and death in children and nonsmoking adults.
- There is no risk-free level of exposure to secondhand smoke. Breathing even a little secondhand smoke can be harmful.²
- Because their bodies are developing, infants and young children are especially vulnerable to the chemicals in secondhand smoke. Exposure is associated with an increased risk for asthma, chronic middle-ear infections, bronchitis, sudden infant death syndrome and pneumonia.^{2,3}
- The only way to fully protect yourself and your loved ones from the dangers of secondhand smoke is through 100% smoke-free environments.²



BENEFITS OF A SMOKE-FREE POLICY IN YOUR APARTMENT

Apartment buildings around the country are going smoke-free. Here's why:

- Secondhand smoke is known to be hazardous to tenants' health and decreases quality of life.²
- It is legal for property owners and managers to implement a smoke-free policy. There is no constitutional "right to smoke", so owners and managers are free to implement smoke-free policies.⁴
- Tenants want to have smoke-free air in their homes. Surveys taken around the country show that 65-75% of multi-unit residents prefer smoke-free housing.⁵
- Smoke-free policies can save property owners and managers money by reducing repair and cleaning costs.⁶
- Reduce the risk for fires in your building. Smoking is the leading cause of home fire deaths in the U.S.⁷



MYTHS & FACTS

- **Myth:** People have the right to smoke.
Fact: There is no constitutional right to smoke. Property owners and managers can legally implement smoke-free policies.⁴
- **Myth:** Smoke-free policies cost a property owner money and tenants.
Fact: Smoke-free policies can save money on repairs and cleaning. Most tenants surveyed around the country prefer smoke-free housing.⁶
- **Myth:** Opening windows or improving ventilations systems will keep the air clean.
Fact: Residential ventilation technology does not exist which can eliminate the health risks from secondhand smoke exposure.⁸ The U.S. Surgeon General concluded that eliminating smoking from indoor areas is the only way to completely protect non-smokers from exposure to secondhand smoke.



HOW TO GO SMOKEFREE

- Get informed. Learn about the health risks of secondhand smoke and how going smoke-free can benefit both residents and property owners.
- Survey your community to determine your level of support and knowledge about smoke-free living.
- Create policies that work for everyone.

“ We have successfully implemented no-smoking policies in several of our new communities, and we have found that residents appreciate the amenity.”

- Tom Brenneke, Owner and president of Guardian management (UNITS, Dec 2007)

“Residents across the country have been successful in organizing smoke-free policies and creating a healthy environment.”

- Tobacco Free Utah

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