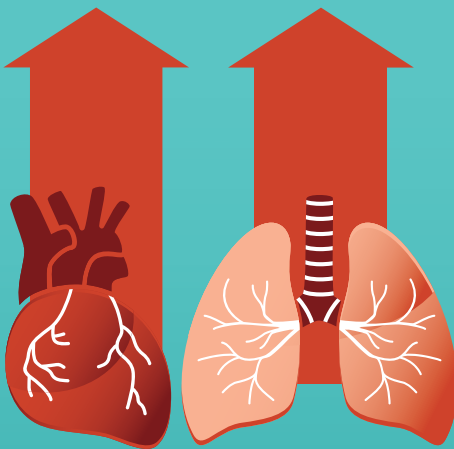


# Multi-Unit Housing & Secondhand Smoke

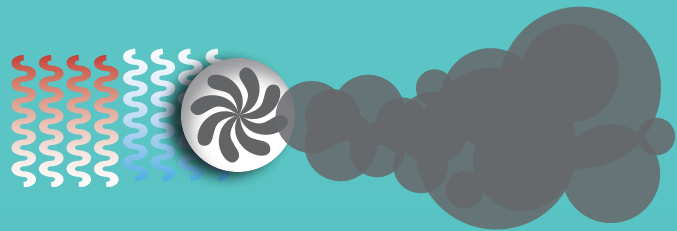
In apartments and condominiums, secondhand smoke (SHS) seeps through light fixtures, electrical outlets, ventilation systems and doorways that are part of these shared residential spaces.

## • Health Effects: Tenants

25-30%    20-30%



Nonsmokers who are exposed to SHS at work or home increase their risk of heart disease by 25-30% and risk of lung cancer by 20-30%.



Heating, ventilating, and air conditioning systems alone do not control SHS exposure. In fact, these systems may distribute SHS throughout a building.



Smoking in multi-unit housing is a fire hazard and poses the risk of injury or death to all tenants, including nonsmokers.

**BOTTOM LINE:** There is no risk-free level of secondhand smoke; even brief exposure can be harmful. Eliminating smoking in indoor spaces is the only way to fully protect nonsmokers from SHS exposure. Separating smokers from nonsmokers, cleaning the air and ventilating rooms or buildings does not eliminate SHS exposure.

## Other Facts

- Refurbishing former smoking units for resale or rent is expensive – cleaning (and sometimes replacing) walls, carpets, appliances and fixtures in smoking units can cost thousands of dollars.
- Prohibiting smoking in all U.S. subsidized housing would yield cost savings of approximately \$521 million per year, including \$341 million in SHS-related healthcare costs, \$108 million in renovation expenses and \$72 million in smoking-attributable fire losses.
- There is no constitutional or judicially recognized “right to smoke” in a multi-unit dwelling, whether the dwelling is privately owned or is public housing.

## What Can You Do?

- If you're a landlord, implement a smokefree housing policy for your property and do not allow current tenants who smoke to continue to do so.
- If you're a tenant, meet with your housing manager or housing association and share your concerns about smokefree housing.
- Speak with your neighbors and ask them to sign a petition in support of smokefree housing.
- For more information on smokefree housing or for samples of smokefree housing policies, visit [Alaskatca.org](http://Alaskatca.org) or call 1-888-474-4635.

## If You Smoke, Take Precautions

- Always smoke outdoors at least 25 feet from your building – never on balconies or patios, in the home or other enclosed environments.
- Do not smoke around others, especially pregnant women, infants, the elderly and children.
- Consider using a nicotine replacement therapy (NRT) such as patches or gum, which help to lessen nicotine withdrawal and cravings and make it easier to quit.
- If you smoke, quit. If you can't quit, keep trying.



Call 1-800-QUIT-NOW for confidential telephone coaching, Text2Quit, Web Coach, and free NRT.