

APARTMENT & CONDOMINIUM HELP TO REDUCE SECONDHAND SMOKE EXPOSURE

TIPS TO KEEP APARTMENT OR CONDOMINIUM SMOKE-FREE

1. MAKE "NO SMOKING RULES" IN YOUR APARTMENT OR CONDO.
2. ASK SMOKERS TO NOT SMOKE NEAR YOUR APARTMENT OR CONDOMINIUM.
3. MAKE A "SMOKE-FREE" BUILDING PLAN WITH LANDLORD/HOMEOWNER ASSOCIATION AND TENANTS/RESIDENTS.
4. MAKE SECTIONS/WINGS OF BUILDING NONSMOKING.
5. REPORT VIOLATIONS OF "SMOKE FREE LAW" THAT OCCUR IN ALL COMMON AREAS.

TIPS TO REDUCE SECONDHAND SMOKE EXPOSURE

1. MAKE "NO SMOKING RULES" IN YOUR HOME.
2. STAY AWAY FROM AREAS WHERE THERE IS SMOKING.
3. TRY TO QUIT SMOKING WITH HELP IT WILL BE EASIER.
4. WASH HANDS & HAIR OR TIE UP, BRUSH TEETH, & CHANGE CLOTHES AFTER SMOKING.
5. REPORT VIOLATIONS OF "SMOKE FREE LAW" TO PROPER AUTHORITIES.

FACTS ABOUT SECONDHAND SMOKE

1. THERE IS NO SAFE LEVEL OF EXPOSURE TO SECONDHAND SMOKE.
2. SECONDHAND SMOKE SEEPS THROUGH LIGHT FIXTURES, CEILING CRAWL SPACES, DOORWAYS & INTO ALL BUILDING AREAS WITH SMOKERS.
3. SECONDHAND SMOKE CONTAINS 4,000 CHEMICALS & OVER 60 CAUSE CANCER.
4. SECONDHAND SMOKE CAUSES LUNG & OTHER CANCERS, HEART DISEASE, STROKE, EMPHYSEMA, CHRONIC BRONCHITIS & ASTHMA.
5. CHILDREN ARE AT RISK FOR SUDDEN INFANT DEATH SYNDROME, LUNG PROBLEMS, EAR INFECTIONS, COLDS & BEHAVIOR PROBLEMS, DUE TO SECONDHAND SMOKE.
6. AIR CLEANING IN A BUILDING CANNOT CONTROL SECONDHAND SMOKE.
7. NONSMOKERS WITH BREATHING OR SMOKE ALLERGIES HAVE LEGAL PROTECTION UNDER AMERICANS WITH DISABILITIES & FAIR HOUSING ACTS.