

# Smoke-free housing because...

## ...It Protects Health

Secondhand smoke has 69 known Class A human carcinogens.<sup>1</sup>



Breathing in secondhand smoke can cause lung cancer and heart disease in non-smoking adults.<sup>1</sup>

It only takes 30 minutes of exposure to secondhand smoke to

have serious and possibly deadly effects on those with heart problems.<sup>1</sup>

Secondhand smoke is very dangerous to children as they have a higher risk of asthma, breathing problems, ear infections and SIDS.<sup>1</sup>

## ...It Saves Lives

About 53,000 deaths each year are caused by secondhand smoke. It continues to be a leading cause of preventable death in the U.S.

One-third of all 2006 fire deaths in Alaska were caused by fires started by smoking.

## ...It Saves Money



It is much more expensive to 'turn-over' a unit where a smoker resided. Cleaning walls, carpets, appliances and fixtures in a smoker's unit can cost \$500 to \$3,000 depending on how long they lived there.

## ...It Is Legal

Smoke-free housing policies are legal and allowed under Federal and Alaska law.

The Americans with Disabilities Act and the Fair Housing Act protect nonsmokers with medical conditions that are caused or made worse by secondhand smoke.



## ...Secondhand Smoke Drifts

Secondhand smoke seeps through light fixtures, electrical outlets, ventilation systems and doorways.

Separating smokers from nonsmokers, cleaning the air and ventilating buildings *cannot* get rid of exposure to secondhand smoke.<sup>1</sup>

## ...It Is Preferred By Tenants

80% of all Alaskans polled do not allow smoking in their own home.

Most tenants, regardless of income, age or sex would like a no-smoking policy.<sup>2</sup>



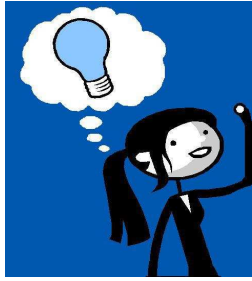
## ...It Protects Pets

Pets can develop serious health problems due to secondhand smoke including cancers, lung problems and heart damage.

<sup>1</sup> (June 2006 Surgeon General's Report, Executive Summary)

<sup>2</sup> CDC Tobacco Use Supplement to the Current Population Survey (TUS-CPS)

## What Can You Do?



- If secondhand smoke is causing you health problems see a doctor and get a letter describing the health problems to your landlord.
- Meet with your housing manager to tell them your concerns and your need to live in smoke-free housing.
- Share information about smoke-free housing with others.
- Speak with your neighbors and ask them to sign a petition in support of smoke-free housing.
- Get samples of smoke-free housing policies and other documents from our website at [www.alaskatca.org](http://www.alaskatca.org), or you can call us toll free at:

**1-888-474-4635**



Alaska's Tobacco  
**QUIT LINE**  
*It's free!*  
**888-842-QUIT**  
7 8 4 8

## You Can Quit!

Empower yourself and find the help you need to beat your nicotine addiction.

Calling the Alaska Tobacco Quit Line is a great way to begin the quitting process. The information and support you need is just a phone call away.



**SMOKEFREE HOUSING PARTNERSHIP**

**Questions? Call us!**

**1-888-474-4635**

# Smoke-free Housing:



## Protecting Health Saving Money