

WHY SMOKEFREE HOUSING?

It Protects Health

Secondhand smoke contains 69 known Class A human carcinogens.¹

Breathing in secondhand smoke can cause heart disease and lung cancer in nonsmoking adults.¹



It only takes 30 minutes of exposure to secondhand smoke to have serious and possibly deadly effects on those with heart problems.¹

Children exposed to secondhand smoke are at increased risk for acute lower respiratory infections (bronchitis, pneumonia), ear infections and sudden infant death syndrome.¹

It Saves Lives

The home is becoming the predominant location for exposure of children and adults to secondhand smoke, which is a leading cause of preventable death in the U.S., responsible for approximately 53,000 deaths annually.¹

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 up to \$3,000 depending on how long they lived there. Of all the fires caused by cigarettes in Alaska from 2006 through 2010, 61 percent occurred in residential structures.²

It is Legal

Smokefree 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.¹

It is Preferred by Tenants

Eighty-nine percent of Alaskan adults do not allow smoking in their own home.³

Most tenants, regardless of income, age or sex would like a no-smoking policy.⁴

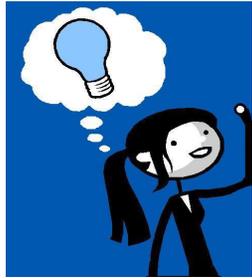


It Protects Pets

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

1. June 2006 Surgeon General's Report, Executive Summary
2. NFIRS (National Fire Information Report System), Fire Incident Report by Property Use 2006-2010
3. Alaska Behavioral Risk Factor Surveillance System, 2008 (Supplemental Survey)
4. 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 present to your landlord.
- Meet with your housing manager to tell them your concerns and your need to live in smokefree housing.
- Share information about smoke-free housing with others.
- Speak with your neighbors and ask them to sign a petition in support of smokefree housing.
- Get samples of smokefree housing policies and other documents from our website at www.alaskatca.org, or you can call us toll free at:

1-888-474-4635



You Can Quit!

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

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

Questions? Call us!

1-888-474-4635



SMOKEFREE HOUSING PARTNERSHIP

Smokefree Housing



Protecting Health

Saving Money