Benefits of Smoke-free Homes for Residents

Protect yourself and your family from secondhand and thirdhand smoke.

Reduce fire risk.

Reduce maintenance and cleaning costs.[1]

Who's affected and what's the problem?

Secondhand smoke travels between units through doorways, cracks in walls, electrical lines, ventilation systems and plumbing.

1 out of 3
people who don't smoke and live in rental housing are exposed to secondhand smoke.[2]

There is no safe level of secondhand smoke.

Children, the elderly, people with disabilities and pregnant women are particularly vulnerable to the health risks associated with secondhand smoke.[3]

2 out of 5
children are exposed to secondhand smoke. Most children are exposed in the home.[1]

Children exposed to tobacco smoke are at risk for asthma, lung problems, earaches and Sudden Infant Death Syndrome (SIDS).[3]

Adults are at risk for heart disease, stroke and lung cancer.[1]

Children living in multiunit housing have higher blood levels of cotinine, a marker of tobacco exposure, even when they live with caregivers who do not smoke.[3]

Thirdhand smoke is the residue left behind from cigarette smoke and cannot be removed through normal cleaning methods.

It contains 250 chemicals and sticks to dust, carpets, upholstery, walls, hair, clothes, pets' fur and feathers. The toxic chemicals left behind can re-emit and off gas back into the air. It cannot be removed through routine cleaning methods and can remain months after smoking has stopped.

Moving into a unit that was previously smoked in exposes you and your family to toxic chemicals. [4,5]

Babies and children are particularly vulnerable to thirdhand smoke, the residue left behind from smoking, when they crawl on contaminated floors or put contaminated items in their mouth.[4]

REFERENCES
1. Centers for Disease Control and Prevention. (2022, September 14). *Going Smokefree Matters: Multiunit Housing.* https://stacks.cdc.gov/view/cdc/89646
2. American Nonsmokers' Rights Foundation. (2023). *Residents Are Often Exposed in Their Homes.* American Nonsmokers' Rights Foundation | no-smoke.org. https://no-smoke.org/at-risk-people/tenants/
3. American Academy of Pediatrics. (2017, April 25). *Smoke-free Housing.* HealthyChildren.org. https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Smoke-free-Housing.aspx?_gl=1*rqrmoo*_ga*NjYzMTcwMjYxLjE2NzY0NzIxMzg.*_ga_FD9D3XZVQQ*MTY3NjQ3MjEzOC4xLjAuMTY3NjQ3MjEzOC4wLjAuMA..&_ga=2.107813954.1974416437.1676472139-663170261.1676472138
4. American Academy of Pediatrics. (n.d.). *Thirdhand smoke: A Threat to Child Health.*
5. American Nonsmokers' Rights Foundation. (2023). *Thirdhand Smoke Harms People Even After Smoking Stops.* American Nonsmokers' Rights Foundation | no-smoke.org. https://no-smoke.org/smokefree-threats/thirdhand-smoke/

Image: Centers for Disease Control. (n.d.). Going Smokefree Matters Multiunit Housing. https://stacks.cdc.gov/view/cdc/89646