

## Promoting Smoke-free Policies

You can work with other residents and your manager to get smoke-free policies in your complex. Smoke-free areas may include:

- Laundry rooms
- Balconies/patios
- Common areas
- Leisure areas
- Pools
- Hallways and stairwells
- Individual units
- Entire buildings

Creating policies works best when all residents are involved. This includes both smokers and non-smokers. Working together, you can create policies that work best for the needs of your community.

- Know the facts about the dangers of SHS.
- Survey other residents to find out if they would support a smoke-free policy.
- Raise awareness of the problem of drifting smoke in units.
- Develop a policy about smoking.
- Present the policy to the manager or landlord.

### Resources to Help Tenants to Quit

Utah Tobacco Quit Line: 1-888-567-TRUTH

Spanish Line: 1-877-629-1585

Utah QuitNet: [www.utahquitnet.com](http://www.utahquitnet.com)

#### References

1. [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
2. Glantz, S.A. & Parmley, W., "Passive Smoking and Heart Disease: Epidemiology, Physiology, and Biochemistry," *Circulation*, 1991; 83(1): 1-12.
3. [http://cancercontrol.cancer.gov/tcrb/nci\\_monograph/MONO10MON10.HTM](http://cancercontrol.cancer.gov/tcrb/nci_monograph/MONO10MON10.HTM).
4. Laboratory Centre for Disease Control, Health and Welfare Canada

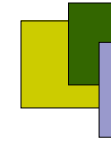


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[www.tobaccofreeutah.org](http://www.tobaccofreeutah.org)



## Secondhand Smoke in Apartments and Condominiums

A Guide for  
Residents



**The TRUTH**



## What is Secondhand Smoke?

The smoke of neighbors can bother residents living in apartment complexes and condominiums. Those most affected by SHS (secondhand smoke) are children.

### Did you know?

- SHS has over 4,000 chemicals, 43 of which are known to cause cancer.<sup>1</sup>
- SHS kills 53,000 people every year nationally.<sup>2</sup>
- SHS exposure increases health concerns in children such as coughing, upper respiratory (lung) infections and asthma.
- SHS can affect nonsmokers by causing eye irritation, headaches, nausea, and dizziness.<sup>3,4</sup>



• Ventilation systems alone will not protect you from SHS exposure. The only solution is to make your apartment or condo smoke-free.

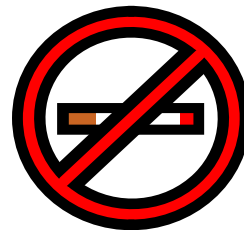
**Did you know that SHS may drift into your apartment or condo from other units?**

## How to Reduce Secondhand Smoke

There may be some things you can do to help reduce your exposure to SHS. You may be able to do some repairs yourself; others may require approval from your manager. Refer to your rental agreement to determine what is allowed.

The following changes can help to reduce SHS, but they will not make your unit 100% smoke-free.

- Fill openings in floors and walls.
- Install fans and open windows. This will help to remove smoke or bring in fresh air.
- Weatherproof doors and windows. Smoke from hallways and windows can enter through poorly sealed areas. You can use weather stripping on doors and windows to help SHS from getting in.
- Kindly ask smokers not to smoke. You can ask them not to smoke near openings of windows or doors. Some smokers may honor your request, others may not.
- Post “No Smoking” signs on your door and ask your manager or landlord to post signs in areas where smoking is not allowed.



Post No Smoking Signs



Smoke-free Community

## How to Handle Drifting Smoke?

You can protect yourself from being exposed to SHS and live in a smoke-free environment. Below are some suggestions of how to begin:

- Seek smoke-free housing.
- Ask if there is a smoke-free policy for all tenants.
- Try to find out where the smoke is coming from.
- Keep track of days and times SHS drifts into your unit.
- If you feel comfortable, talk to your neighbors about the problem.
- Notify the manager in writing about the drift of smoke and ask them to talk to your neighbors.
- If you are unable to solve the problem alone, you may wish to consult with your legal advisor regarding the drift of SHS in your unit.