

## Welcome to Our Smoke-Free Building

### What is a smoke-free building?

A smoke-free building is one where smoking is not allowed anywhere inside of the building. Because secondhand smoke can seep into smoke-free apartment units, a smoke-free building protects all residents from the harmful effects of secondhand smoke.

### What is secondhand smoke?

Secondhand smoke comes from tobacco that is burned in a cigarette, pipe, or cigar, including smoke that is breathed out by a smoker. It contains harmful chemicals, including some that can cause cancer. When a non-smoker is around someone smoking, they breathe in secondhand smoke.

### Is secondhand smoke dangerous?

Yes. Secondhand smoke can cause cancer, heart disease, and other serious health problems in non-smokers. It is especially dangerous for children, babies, seniors and women who are pregnant. **There is no safe level of exposure to secondhand smoke!**

## Eastman Housing Authority

### Is Now Smoke-Free

#### Our new smoke-free policy is for staff, residents, and visitors.

- No one is allowed to smoke in our building.
- Tell your guests you don't allow smoking in your home.
- People who choose to smoke must smoke outside.



## Resources to Help You Quit Smoking

### Free Help

- Talk to a trained coach who can help you quit. Call 1-800-QUIT-NOW (1-800-784-8669).
- Go to [www.smokefree.gov](http://www.smokefree.gov) if you or someone you know smokes and wants to quit.

### Local Support:

Department of Public Health  
Dodge County  
478-374-5576

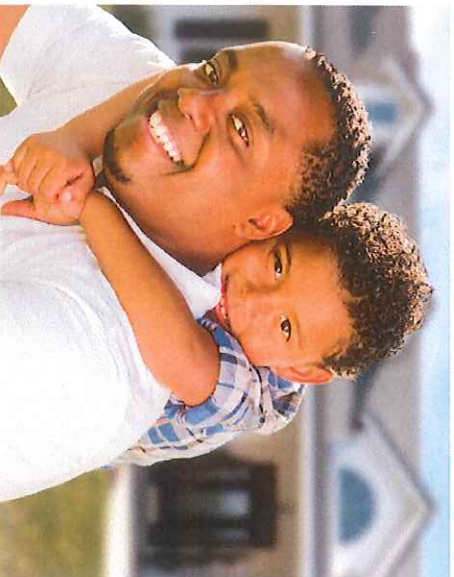
## Facts About Smoke-Free Housing

Smoke-free housing is good for everyone's health:

- Smokers
- Non-smokers
- Pets

**Smoke-free policies protect people:**

- They are not illegal because smokers are not a protected class and do not have special legal status.
- They do not discriminate because they do not prevent anyone from renting a unit.



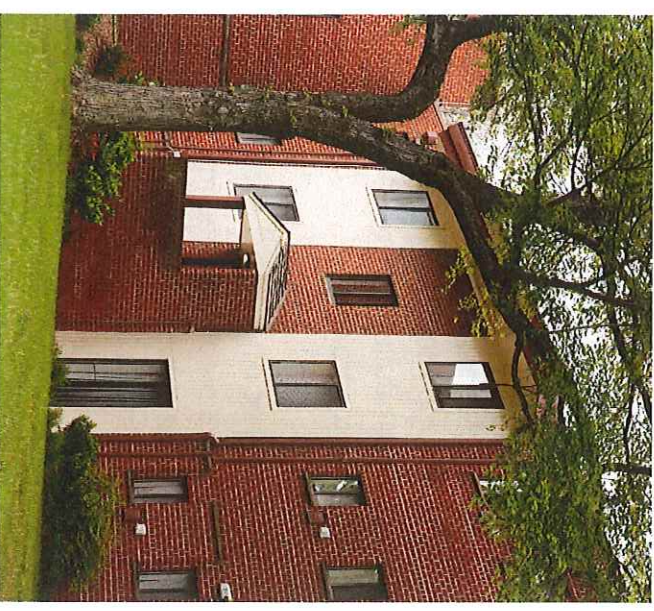
## A Smoke-Free Home is a Healthy Home

Our homes—the place where we spend the most time—can make a big difference in our health. Keeping your home smoke-free is one of the best ways to create a healthy home for yourself, your family, and your friends.

- Support your neighbors and remind them of the new smoke-free policy.
- Submit concerns or complaints about policy violations to:

**Eastman Housing Authority  
Tenant Services  
P.O. Box 100, 824 Griffin Ave.,  
Eastman, Ga 31023**

## We Are Now a Smoke-Free Building



**Eastman Housing Authority  
824 Griffin Ave.  
Eastman, GA 31023  
478-374-5414  
TDD 800-255-0056**