

WHEN YOUR BUILDING GOES SMOKEFREE, WILL YOU?

Quitting smoking improves your health. It lowers your chances of getting:

- Heart disease and stroke
- Cancer
- Lung disease, including COPD
- Other smoking-related illnesses

"You have the power to make the decision to quit smoking. Some of the best things for me about quitting are enjoying food again, and being able to walk and not feel so out of breath."

Tiffany

Smoked a pack a day for 15 years.
Now ... smokefree.



Secondhand smoke contains poisons.

Breathing even a little can be harmful; especially for kids, older people, and those with health problems made worse by secondhand smoke. Smokefree policies protect everyone's health.

**GET FREE
SUPPORT
TO QUIT
SMOKING.**



**1-800-QUIT-NOW
(1-800-784-8669)**
Speak with a quit
smoking coach

**1-855-DÉJELO-YA
(1-855-335-3569)**
For help in Spanish



Smokefree.gov
Online tools
and support to
quit smoking



SmokefreeTXT
Text QUIT to 47848
24/7 text messaging
program



QuitGuide
Mobile app to build
your skills to quit



Visit CDC.gov/tips for real stories and resources from the *Tips From Former Smokers™* campaign.

CUANDO SE PROHÍBA FUMAR EN SU EDIFICIO, ¿DEJARÁ DE FUMAR?

**Dejar de fumar mejora su salud.
Reduce sus posibilidades de tener:**

- Enfermedades cardíacas y accidentes cerebrovasculares
- Cáncer
- Enfermedad pulmonar, incluida la EPOC
- Otras enfermedades relacionadas con el tabaquismo

“Usted tiene la capacidad de tomar la decisión de dejar de fumar. Para mí, algunas de las mejores cosas de dejar de fumar son disfrutar la comida de nuevo y poder caminar sin sentir que me falta el aire”.

Tiffany

*Fumó un paquete diario por 15 años.
Ahora... no fuma.*



El humo de segunda mano contiene sustancias tóxicas.

Respirarlo aunque sea un poquito puede ser perjudicial; especialmente para los niños, las personas de edad avanzada y aquellos con problemas de salud que empeoran con el humo de segunda mano. Las políticas que prohíben fumar protegen la salud de todos.

**OBTENGA
APOYO
GRATUITO
PARA DEJAR
DE FUMAR**



**1-855-DÉJELO-YA
(1-855-335-3569)**
Hable con un asesor para
dejar de fumar

**1-800-QUIT-NOW
(1-800-784-8669)**
Para obtener ayuda en inglés



Espanol.smokefree.gov
Herramientas en línea y
apoyo para dejar de fumar



**SmokefreeTXT
en Español**
Mande LIBRE al 47848
desde su celular
Programa de mensajes de
texto las 24 horas los
7 días de la semana



Visite CDC.gov/consejos para conocer historias de la vida real y recursos de la campaña *Consejos de exfumadores™*.

SMOKE-FREE POLICY

Information for Residents



OFFICE OF PUBLIC AND INDIAN HOUSING

HUD FACT SHEET

This Is a Smoke-Free Building!

Why did we go smoke-free?

Secondhand smoke contributes to disease and early death. A known cause of lung cancer, secondhand smoke is also linked with heart disease and breathing problems in nonsmoking adults. The health effects of secondhand smoke are especially serious for children, older adults, and people with lung problems.

HUD requires all public housing to be smoke-free (with the exception of mixed-finance properties).

A smoke-free building is one where smoking is not allowed anywhere inside of the building. In addition, no one may smoke within 25 feet of any building on public housing grounds.

Protect residents and employees from secondhand smoke. Eliminating smoking indoors and close to the building is the only way to fully protect people from secondhand smoke.

Encourage healthy behaviors in residents and employees. In addition to protecting residents and employees from secondhand smoke, smoke-free policies create healthy environments that encourage people who smoke to quit or attempt to reduce smoking.

We are happy to offer a safer, healthier building for everyone!

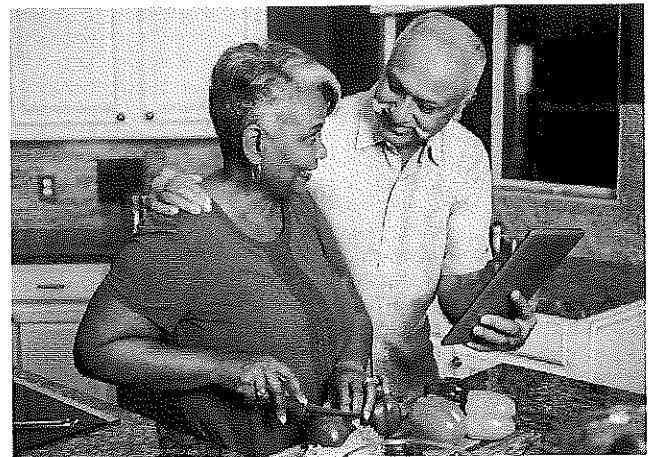
Who benefits?

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

Children who breathe secondhand smoke are more likely to get sick, cough, and even have poorer performance at school.

Infants need extra protection—breathing secondhand smoke has been linked to Sudden Infant Death Syndrome (SIDS).

Adults need protection, too—secondhand smoke causes heart disease, cancer, and lung diseases.



A smoke-free home is a healthy and safe home.

When you sign your next lease renewal, it will include the smoke-free policy.

Our homes—the place where we spend a lot of our 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.

When a home is smoke-free, it lowers the chance of accidental fire and deaths from fire. The risk of burns is also lower.

Smoke-free homes are easier to maintain and keep clean than those where people smoke.

It's not enough to:

- Move to another room.
- Turn on a fan.
- Open a window.
- Blow smoke away.
- Use air fresheners or candles.



Smoke-free policies are legal.

The smoke-free policy will still allow people who smoke to rent a unit.

People who smoke tobacco are not considered a protected class under the Fair Housing Act and do not have special legal status.

Reasonable accommodations under the Fair Housing Act and the Americans with Disabilities Act may be available. Talk to the public housing agency (PHA) staff if you have concerns related to a qualified disability.

What You Can Do

Come to the meetings about the smoke-free policy to learn more and share your thoughts.

You do not have to quit smoking to continue living here. We thank you for complying with the policy and smoking in the designated smoking areas.

Remind your neighbors, visitors, and others living with you to follow the rules; there may be a specific smoking area outside, or they may have to leave the property. Signs will help remind everyone.

Submit concerns or complaints about policy violations to the PHA staff.

Resources to Help You Quit Smoking

Call 1-800-QUIT-NOW (1-800-784-8669) toll-free to talk to a trained coach who can help you quit, or go to www.smokefree.gov to learn more.

- ✔ Contact your doctor or health clinic.
- ✔ Gum, patches, and other products can help you reduce your smoking habit or quit altogether.
- ✔ Join together with others in your home or building to support each other in quitting smoking.
- ✔ Ask your property manager or other PHA staff about local resources.

You do not
have to
quit smoking
to live here.

We thank you
for following our
policy and not
smoking inside.

We can
have a healthier,
smoke-free building
with your help.