

# SMOKE-FREE POLICY

## Preparing for Your Smoke-Free Home



OFFICE OF PUBLIC AND INDIAN HOUSING

### HUD FACT SHEET

## Getting Ready to Go Smoke-Free!

### Why 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 bad for children, older adults, and people with lung problems.

More than 600 public housing agencies (PHAs) have already gone smoke-free, and now HUD will require the rest to join in.

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 buildings on public housing grounds.

### 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.

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



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

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

Smoke-free homes are easier to maintain than those that are smoked in.

#### It's not enough to:

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



## Protect residents and employees from secondhand smoke.

Eliminating smoking indoors and close to buildings 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.

## Steps to take.

Remind your neighbors, visitors, and others living with you that the whole building is going smoke-free.

Housing employees, residents, guests, and other visitors must not smoke on the property. They may either use a designated smoking area (if available) or leave the property.

Share your feedback. Attend resident meetings about the smoke-free policy. Let the PHA staff know if you are happy with the new policy or if you have been able to quit smoking. Submit concerns or complaints about policy violations to the PHA staff.

## Smoke-free policies are legal.

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

The smoke-free policy will still allow people who smoke to rent a unit; however, people may not smoke in restricted areas.

Reasonable accommodations under the Fair Housing Act and the Americans with Disabilities Act may be available. Talk to the PHA staff if you have concerns.

Electronic or e-cigarettes may also be banned indoors. Signs and other notices will help inform everyone of the rules.

Smoking in any area where it is not allowed will be treated as a lease violation. The housing agency staff can give you details about what the rules say. If you aren't ready to quit smoking, follow the rules and make it a healthy home for your family and neighbors.

## 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](http://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 can have a healthy, smoke-free building with your help.

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