



EVERYONE DESERVES TO HAVE A **HEALTHY, SMOKEFREE HOME!**

DID YOU KNOW?

People living in apartments are more likely to be exposed to secondhand smoke.¹

- » Smoke can enter your home through vents, electrical outlets, windows, and even tiny cracks in walls.



65%

Up to 65% of the air in an apartment can come from other units in the building.²



ANY AMOUNT OF SECONDHAND SMOKE CAN BE HARMFUL

- » **41,000 nonsmokers die** from secondhand smoke each year in the U.S.³



It is especially dangerous for children and can cause permanent damage to growing lungs.⁴



YOUR LUNGS CAN'T TELL THE DIFFERENCE

- » **Marijuana secondhand smoke is harmful just like cigarette smoke.**⁵ It has many of the same toxic chemicals that cause cancer and other diseases.
- » Vaping produces tiny droplets of harmful chemicals, including lead. **It's NOT just harmless water vapor!**⁵



TO FULLY PROTECT YOUR HOME FROM SECONDHAND SMOKE, YOUR ENTIRE APARTMENT COMPLEX NEEDS TO BE SMOKEFREE

This includes:

- » Inside units
- » On patios and balconies
- » Outdoor common areas such as pools, parking lots, stairways, and courtyards.



For free and confidential help quitting tobacco and nicotine.

Kick it California

Visit kickitca.org

Call **1-800-300-8086**

Text **“Quit Smoking”** or **“Quit Vaping”** to **66819**

Download the free **Kick It: Quit Smoking | Vaping** mobile app

YOU CAN MAKE A DIFFERENCE!

- » Apartment owners have the legal authority to make their property entirely smokefree. Contact your local health department for resources to offer managers and landlords about the benefits of a smokefree property.
- » Share information with neighbors about the harms of all forms of secondhand smoke. Try posting information on bulletin boards or in laundry rooms.
- » Reach out to city officials about local laws that would require apartments and other multi-unit housing to be smokefree.
- » Check the strength of your city’s smokefree policies and take action at www.undo.org/secondhand-dangers

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4. Graves, BM, et al. (2020). Comprehensive characterization of mainstream marijuana and tobacco smoke. *Scientific Reports*, 10(1), 7160. <https://doi.org/10.1038/s41598-020-63120-6>
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