

## Fire Hazard

Smoking is the leading cause of home fire deaths.



**A smoke-free policy is the only way to protect residents from the harms of secondhand smoke and fires caused by smoking.**

## Get Help Quitting

If you would like to quit smoking, please call 1-800-QUIT-NOW (784-8669) or reach out to members of your health care team: primary care providers, dentists, or other doctors you visit.

For more information and professional assistance to help you or someone you care about quit smoking please visit [Smokefree.gov](http://Smokefree.gov).

Information in this pamphlet was gathered from:

1. U.S. Department of Health and Human Services
2. Centers for Disease Control and Prevention
3. American Cancer Society
4. American Lung Association
5. American Heart Association
6. Mayo Clinic
7. American Academy of Neurology
8. Americans for Nonsmokers' Rights

# Smoke-free Housing

Policies to Improve Health

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[www.michigan.gov/tobacco](http://www.michigan.gov/tobacco)  
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# Risks Associated with Exposure

## Secondhand Smoke

Smoking impacts smokers, but also others within the same building. Smoke can travel from other units through doorways, cracks in walls, electrical lines, plumbing, and ventilation systems.

Secondhand smoke contains hundreds of chemicals known to be toxic which can lead to:

- Cancer
- Heart disease
- Lung disease
- Breathing difficulties (especially for persons with asthma or breathing issues)

**“There is no risk-free level of exposure to secondhand smoke and even short-term exposure potentially can increase the risk of heart attacks.”**

-U.S. Surgeon General

## Specific Concerns for Older Adults

Secondhand smoke is particularly hazardous to older individuals, especially those with existing chronic conditions.

Secondhand smoke increases risk of developing:

- Dementia
- Pneumonia
- Stroke
- Frailty syndrome
- Further damage if you have heart, lung, or breathing issues

## Thirdhand Smoke

Residual tobacco contamination is left behind and builds up on furniture, clothing, walls, and other surfaces.

Residue lingers for weeks-to-months and can re-enter the air and expose residents to further harm.

Third-hand smoke residue cannot be eliminated by:



opening windows



airing out rooms



vacuuming

## Ventilation is Not a Solution

Despite advances in engineering, ventilation and air purification systems cannot remove all secondhand smoke and protect residents in other units.



**“Allowing smoking within some or all units in a multi-unit housing facility is no more effective in protecting against secondhand smoke exposure than having a designated smoking section in a restaurant.”**

- American Cancer Society  
Cancer Action Network