

# Smoke-Free Housing



## Health Bulletin

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# Smoke-Free Housing



- In a smoke-free building, smoking is not allowed anywhere inside the building and is sometimes not allowed in outdoor areas.
- A smoke-free policy helps residents stay healthy by reducing secondhand smoke and building owners save money by reducing cleaning costs.
- In NYC, it is illegal to smoke in common areas in multi-unit buildings, and as of August 2018, multi-unit buildings must also have a policy on smoking. To learn more about smoke-free laws, visit [nyc.gov/health](https://www.nyc.gov/health) and search **smoking laws**.

## Secondhand Smoke

- When someone exhales smoke from a tobacco product, another person can breathe in the smoke. This is called secondhand smoke.
- Secondhand smoke increases the risk of asthma attacks, respiratory illnesses, stroke, heart disease and lung cancer in nonsmoking adults and children.



In New York City, **1 in 3** adult nonsmokers are exposed to secondhand smoke.<sup>1</sup>

- Secondhand smoke can travel through cracks, ventilation systems and windows. An apartment can't be fully smoke-free if the building isn't.

<sup>1</sup> "Exposure to Secondhand Smoke Among Nonsmokers in New York City in the Context of Recent Tobacco Control Policies: Current Status, Changes Over the Past Decade, and National Comparisons," <https://doi.org/10.1093/ntr/ntw135>

# Going Smoke-Free

- Before requesting a smoke-free policy, write down when and where smoke enters your apartment. Include any effects secondhand smoke has on your health, especially if you have a disability, such as emphysema or lung cancer.
- Ask your landlord or building manager:



To create a smoke-free policy for your building



To fill cracks or gaps between apartments



For another apartment further from the source of the secondhand smoke



Visit [nyc.gov/health](https://nyc.gov/health) and search **smoke-free housing** for more information on how to go smoke-free.

# Tips to Quit Smoking

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Quitting smoking is one way to protect loved ones and neighbors from secondhand smoke, and to create a smoke-free environment. It can be hard to quit, but these tips can make quitting easier:



Decide why you want to quit.



Get support and encouragement: **1-866-NY-QUITS** can help.



Prepare to quit: rid your home of lighters and throw out cigarettes.



Pick a quit date.

For more tips, visit [nyc.gov/health](https://www.nyc.gov/health) and search **NYC Quits**.

# Resources

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