

NYCHA IS GOING **SMOKE-FREE**

Smoke-free building policies protect everyone's health.

Starting July 30, 2018, smoking is not allowed in any indoor area (including apartments) and within 25 feet of NYCHA buildings.

Secondhand smoke is smoke that comes from burning tobacco products or that is exhaled by smokers. Secondhand smoke contains deadly chemicals and moves between apartments.

- Adult non-smokers exposed to secondhand smoke have higher risks of stroke, heart disease and lung cancer.
- Children exposed to secondhand smoke have higher risks of asthma attacks, Sudden Infant Death Syndrome (SIDS) and respiratory and ear infections.

For more information about Smoke-Free NYCHA visit on.nyc.gov/nycha-smoke-free.

Now is a good time to quit smoking!



Talk to your doctor about your medication and counseling options.

- Most health insurance plans, including Medicaid, cover services to help you quit.



Get a free starter kit of quit-smoking medications or talk to a quit coach.

- Visit nysmokefree.com.
- Call 1-866-NY-QUITS (1-866-697-8487) or 311.



Connect to other resources.

- Visit nyc.gov and search "NYC Quits."
- Download the new NYC HelpMeQuit app from Apple or Google Play stores.

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