

# Smoke-Free Homes

## Why Smoke-Free?

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- There is no safe level of exposure to secondhand smoke.
- Opening a window, using fans or filters—none of these will get rid of secondhand smoke.
- There is no way to prevent tobacco smoke from entering a neighbor's apartment.
- Many people suffer chronic and debilitating conditions caused or worsened by secondhand smoke: asthma, chronic bronchitis, heart disease, stroke, emphysema, cancer.
- Because smoking is regulated in many public spaces, residential exposure is now the leading source of exposure for children.
- Infants and young children of parents who smoke are more likely to develop pneumonia, bronchitis, and other lower respiratory tract infections.
- Secondhand smoke increases the risk of SIDS (Sudden Infant Death Syndrome).

## Protecting Your Family And Neighbors

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- Take a Smoke-Free pledge to make your own home and your car smoke-free.
- Family, friends, and visitors should never smoke inside.
- Ask your doctor for ways to help you quit smoking. HOU can also help: call (617) 323-3010.
- Until you quit, smoke only outside.

## Smoke-Free Housing Policies

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- Residents must agree not to smoke in or near buildings that have been designated "Smoke-Free."
- A smoke-free policy is NOT discriminatory. Smokers are not excluded from the building. They are simply being told to smoke outside.

**50%**

*Nearly half of  
Washington Beech  
Residents are under  
18 years of age*

**30%**

*Nearly one in three  
Washington Beech  
families is coping with  
Asthma*

**75%**

*Nearly three-quarters  
of BHA households  
surveyed would prefer to  
live in a smoke-free  
building*

