

Asthma and Tobacco Smoke In Your Home

What is Asthma?

Asthma is a chronic disease affecting the airways to the lungs. When someone has an asthma attack, the airways in the lungs become swollen, making it hard to breathe.

How can I prevent asthma attacks?

Avoiding environmental allergens is a primary goal of asthma management. If you or your child has asthma, it is important to avoid secondhand smoke exposure, a major trigger of asthma attacks.

If you live in multiunit housing, such as an apartment building, talk to your neighbors about the smoke inside and around your building—they may share your concerns!

Bring your concerns to your property manager. Encourage your property manager to adopt a smoke-free policy by talking to them about the benefits of a policy to tenants' health—and their bottom line!

What about the smoke that comes into my home from other units?



Secondhand Smoke is Dangerous

There is **no** risk-free level of exposure to secondhand smoke. Secondhand smoke exposure can increase the risk of heart attacks, lung cancer, heart disease, stroke, Sudden Infant Death Syndrome (SIDS), asthma, and other respiratory ailments.

"Secondhand smoke can trigger an asthma attack in a child. Children with asthma who are around secondhand smoke have worse asthma attacks and have attacks more often."

-2006 Surgeon General's Report

Just because you don't allow smoking inside your home, doesn't mean you are breathing smoke-free air!

Secondhand Smoke in Your Home

Never allow smoking inside your home by residents or guests. However, multiunit housing residents may still be exposed to secondhand smoke from active smoking that occurs in and around your building.

A recent survey of Charleston, South Carolina multiunit housing residents found that the majority (66%) did not allow smoking inside their unit. However, about one-third of these individuals reported experiencing secondhand smoke infiltrating into their unit from elsewhere in or around the building.

-Roswell Park Cancer Institute, 2012

In multiunit housing, up to 65% of indoor air can be shared between units through hallways, stairwells, ventilation systems, and through cracks or air leaks between units.

- Center for Energy and the Environment

The only way to fully protect people from secondhand smoke exposure in the home is for smoking to be prohibited in all indoor areas of homes and apartment building, including the private residences of tenants.



For More Information and Resources, visit us at:



<http://www.smokefreelowcountry.com/>

