

Why Smoke-Free?

Smoke-free apartments and outdoor areas:

- ◆ **Keep your family from getting sick.**
- ◆ **Make your home healthy and clean.**
- ◆ **Reduce fire danger in the home.**
- ◆ **Protect your children from breathing secondhand smoke in picnic areas, pools & playgrounds.**

What can I do?

- ◆ **Tell your landlord if smoke is drifting into your apartment**
- ◆ **Ask your manager or landlord to make the building and common areas smoke-free.**
- ◆ **Don't let family or guests smoke in or around your home.**

Do you want to
improve the health
of your
community?

For more ways to make
your apartment complex
smoke-free, contact:

Vista Community Clinic
Tobacco Control Program

(760) 631-1500 x7165

Or visit our website:

<http://northcoastalpreventioncoalition.org/programs/tobacco-control/tobacco-control-about-us/>



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You don't

Smoke but...



...is your

Apartment Complex smoke-free?

Secondhand smoke

Third-hand smoke

E-cigarettes



- Smoke from a lit cigarette and smoke breathed out by a smoker is called secondhand smoke.
- Children around secondhand cigarette smoke get sick more often and need to go to the doctor and hospital more often
- Being near secondhand smoke, even for a short while, can make you sick.
- 50 of the 4,000 chemicals in secondhand smoke cause cancer.
- There is no safe level of smoke exposure.

- Third-hand smoke is toxins or residue from cigarette smoke that sticks to surfaces.
- Third-hand smoke is harmful. People can be exposed to the same toxins found in tobacco smoke.
- Third-hand smoke can be found on clothes, hair, skin, carpets, baby blankets, furniture, toys, car seats, tiny bits of dust, drapes, walls, and many other surfaces.
- Third-hand smoke can harm children and babies; small amounts of toxins can build up to dangerous levels in the body.
- Third-hand smoke can hurt pets too.

- E-cigarettes (or electronic cigarettes) are battery operated devices people use to inhale nicotine. They give off a vapor instead of smoke that comes from a heated liquid.
- The liquid in e-cigarettes usually has nicotine and other chemicals.
- The nicotine in e-cigarettes is addictive; most e-cigarettes contain it.
- Test show some e-cigarettes liquids have some toxins; some are known to cause cancer.
- E-cigarettes are not regulated.
- E-cigarettes are very new . No one really knows how harmful they are.
- E-cigarettes are not smoking cessation devices.