

Why Smoke-Free?

Smoke-free apartments and outdoor areas:

- ◆ **Keep your family from getting sick.**
- ◆ **Make your home safe 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 common areas smoke-free.**
- ◆ **Don't let family or guests smoke in or around your home.**

Do your neighbors
smoke?

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

Vista Community Clinic
Tobacco Control Program
(760) 631-5000 x7165

Or visit our website:

<http://www.northcoastalpreventioncoalition.org/muhhome.html>



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You don't
Smoke but...



...is your
**Apartment
Complex
smoke-free?**

your Health...

your Family...

your Home...



- Smoke from a lit cigarette and smoke breathed out by a smoker is called secondhand smoke.
- Being near secondhand smoke, even for a short while, can make you sick.
- It hurts your eyes, lungs, heart, and can cause cancer.
- 50 of the 4,000 chemicals in secondhand smoke cause cancer.
- About 53,000 nonsmokers die every year because of secondhand smoke in the United States.

- Children around secondhand cigarette smoke get sick more often and need to go to the doctor and hospital more often.
- Secondhand smoke can cause your children to suffer from:
 - Ear infections
 - Colds
 - Asthma attacks
 - Pneumonia
 - Bronchitis
 - Sudden Infant Death Syndrome (SIDS)

- Secondhand smoke in your home is dangerous.
- Smoke stays in your carpets, furniture, blankets and curtains for a long time.
- Smoke from others smoking outside or in other apartments can drift into your home.
- Keep your home healthy: talk to your landlord or apartment manager about no-smoking rules in your complex.