



## Adopting Smoke free and Vape free Policies in Multi-Unit Housing

Residents living in multi-family residential buildings like apartments and condominiums are frequently exposed to secondhand smoke drifting into their home from other parts of the building. The Surgeon General has confirmed that no level of exposure to secondhand smoke is safe. In addition, aerosol from electronic nicotine delivery systems, or e-cigarettes, is not harmless. Multi-unit housing owners, landlords, and managers may adopt smoke- and vape free policies in their buildings and grounds to protect residents in multi-unit housing from exposure to secondhand smoke and aerosol.

The U.S. Department of Housing and Urban Development (HUD) implemented a rule that required all Public Housing Agencies (PHAs) to implement a policy by July 31, 2018. This rule prohibits smoking inside public housing residential buildings, PHA office buildings, and within 25 feet of these properties. The rule prohibits smoking in all indoor areas of properties, *including individual units*.

### Legality of adopting smoke free housing policies:

- Any owner may make their property smoke- or tobacco-free.
- There is NO right to smoke or vape; smokers are not a protected class.
- Federal and state laws do not prevent owners from adopting these policies: A smoke free policy is no different than adopting a 'no pets' or a 'no loud music' policy: smoking falls under the nuisance statutes.

### Benefits of adopting smoke free housing policies:

- ✚ Protects residents from hazardous exposure to secondhand smoke and aerosol;
- ✚ Reduces maintenance staff time: less cleaning and sweeping of cigarette and tobacco product refuse is needed;
- ✚ Lowers the cost of turnover of units with smoking damage;
- ✚ Reduces the risk of fire;
- ✚ Lowers insurance costs;
- ✚ Popular amenity with both existing and prospective tenants.

Example of Cost Savings		
	General Cleaning	Paint
Non-Smoking Unit	\$ 270	\$ 170
Light-Smoking Unit	500	225
Heavy-Smoking Unit	720	480

### Steps to take towards adopting smoke free policies:

- 1) Assess resident/tenant support:
  - a. Administer a resident survey if desired
  - b. Less than 1 in 5 of the adult population in CT use tobacco
- 2) Determine what kind of policy is needed:
  - a. Options include full property, units, and common areas only, incorporate distance from buildings and/or entryways, identify designated tobacco use spot if desired
  - b. Draft revised lease language in consultation with attorney
- 3) Develop the policy:
  - a. Determine timeline for implementation (90 day minimum is suggested)
  - b. Determine consequences for violations
- 4) Notify staff and residents of impending policy:
  - a. Hold a resident meeting to answer questions and concerns
  - b. Send residents letters, lease addendums
  - c. Post signs throughout complex
- 5) Implement policy:
  - a. Empower staff and residents
  - b. Use reminder cards for first violations



# Secondhand Smoke in Housing

**There is no safe level of exposure to secondhand smoke.**

Secondhand smoke drifts through multi-unit buildings and can enter common areas and units occupied by non-smokers.



### Secondhand smoke harms children

by increasing the risk of asthma attacks, ear infections, respiratory infections, sudden infant death syndrome (SIDS), and behavioral problems.

**Secondhand smoke drifts** through doors, windows, hallways, and ventilation ducts, and through gaps around outlets, fixtures, and walls.

**Ventilation systems,** air purifiers, and sealing up cracks cannot prevent secondhand smoke from drifting throughout buildings.



Up to 65% of the air in an apartment can come from other units in the building.

**The only way to protect health is for buildings to be completely smokefree.**

**Residents NEED and WANT smokefree housing.**



1 in 3 non-smokers living in rental housing are exposed to secondhand smoke.



Only 30% of multi-unit residents live in smokefree buildings, but the majority would prefer their building to be smokefree.

**Everyone deserves to breathe smokefree air at home.**



A smokefree building is legal and is not discriminatory.



Residents have the right to speak up and ask for the building to be smokefree.

**Healthier**

Reduce health risks

**Cleaner**

Reduce smoke damage

**Safer**

Reduce fire risk



Resources for residents & housing providers are available at [no-smoke.org/no-rail-places/homes/](http://no-smoke.org/no-rail-places/homes/)

## TOBACCO USE CESSATION RESOURCES:

### General

- CALL the Connecticut Quitline
  - Available 24/7 to all CT residents
  - 1-800-QUIT-NOW (1-800-784-8669)
  - Spanish is 1-855-DEJELO-YA (1-855-335-3569)
- ONLINE Programs
  - CommittoQuitCT.com (CT Quitline)
  - BecomeAnEX.org
- PHONE APP
  - Download QuitGuide from [smokefree.gov/](http://smokefree.gov/)

## TOBACCO USE CESSATION RESOURCES:

### Youth

- TEXT
  - Text "DITCHJUUL" to 88-709
  - Adults looking to help youth quit text "Quit" to (202) 899-7550
- PHONE APP
  - quitSTART APP at [teen.smokefree.gov/](http://teen.smokefree.gov/)
- ONLINE
  - CommittoQuitCT.com
  - BecomeAnEX.org
- CALL - CT Quitline has specialized program for teens
  - 1-800-QUIT-NOW (1-800-784-8669)
  - Spanish is 1-855-DEJELO-YA (1-855-335-3569)

