

The facts about ASTHMA & TOBACCO SMOKE In your home


Smoke Free Housing
B I S M A R C K



SECONDHAND SMOKE IS DANGEROUS

There is no risk-free level of exposure to secondhand smoke. Exposure can increase the risk of heart attacks, heart disease, lung disease, cancer, strokes and asthma attacks.

2010 US Department of Health & Human Services

Secondhand smoke contains more than 4,000 chemicals, including cyanide, lead, arsenic, mercury, formaldehyde, benzene, and acetone. About 50 of these cause cancer.

2010 US Surgeon General's Report

Smoke contains high levels of carbon monoxide, which is toxic and decreases oxygen in the blood.

2010 US Surgeon General's Report

SMOKE-FREE HOUSING CAN SAVE LIVES

30% of residential fires in ND were in multi-unit dwellings in 2012.

ND Fire Marshall 2012.

82% of Bismarck multi-unit housing residents prefer to have a policy that prohibits smoking in all indoor areas, including individual residential units and common indoor areas.

Roswell Park Cancer Institute 2013.

Just because you don't allow smoking in your apartment doesn't mean you're breathing smoke-free air. Up to 65% of indoor air can be shared between units through doors, windows, fixtures and ventilation.

Center for Energy and the Environment

SMOKE CAN CAUSE OR WORSEN ASTHMA

Avoiding environmental allergens and irritants is one of the primary goals of asthma management.

2003 American Academy of Pediatrics Committee on Environmental Health

Smoke from cigarettes, cigars and pipes has many harmful effects to everyone, but, is especially harmful to people with asthma, causing wheezing, chest tightness, shortness of breath and disabling coughing.

Centers for Disease Control & Prevention (CDC)

TAKE ACTION

Inspire your housing community to adopt a smoke-free policy by talking to your property manager about the benefits to their bottom line and tenants' health.

BreatheND
Saving lives, saving money. The voice of the people.

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