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## WHAT IS SMOKE-FREE HOUSING?

Smoke-free housing protects the health and safety of tenants and saves money for landlords and property owners. A 100% smokefree building is one where smoking is prohibited anywhere on the premises (including within individual apartments and common indoor areas) or a building where smoking is restricted to a designated outdoor area.



### You Can Quit



Empower yourself and find the help you need to beat your nicotine addiction. Calling Alaska's Tobacco Quit Line is a great way to begin the quitting process. The information and support you need is free, and it's just a phone call away.

1-800-QUIT-NOW



### We Can Help

Whether you're a tenant tired of dealing with your neighbor's secondhand smoke or a landlord or property manager interested in making your building smokefree, the Alaska Smoke-free Housing Partnership can help.

Questions? Contact Us: 1-888-474-4635



Created by the Alaska Smoke-Free Housing Partnership, a program of the Alaska Tobacco Control Alliance

## SMOKE-FREE HOUSING



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## Protecting Health Saving Money



## Protecting Health

Living in a smokefree environment is one of the best ways to protect health and save lives.

Secondhand smoke can cause heart disease and lung cancer in adults, and children exposed to secondhand smoke are at increased risk of illnesses like asthma, ear infections, and even Sudden Infant Death Syndrome (SIDS).

Approximately 90% of Alaskans say smoking isn't allowed anywhere inside their homes.

**"We no longer have to call in a whole team to scrub and scrape a smoker's apartment upon move out. Residents and their guests who have respiratory ailments, allergies, or other conditions relating to smoke are now able to breathe easier in our rental units and buildings."**

—Norton Gregory,  
Tlingit-Haida Regional Housing Authority

drifting through doorways, hallways, electrical outlets, floors, walls and air ducts.

Secondhand smoke leaves behind a sticky residue that clings to walls and surfaces. Gases from that residue are absorbed into the surfaces; as those gases breakdown over time, they are released back into the air as



"off gas" or "thirdhand smoke," the stale smell of smoke that lingers long after smoking has stopped. Thirdhand smoke contains the same toxic chemicals found in secondhand smoke.

## Saving Money

Because of the residue and odor left behind, turnover costs for a smoker's unit often run

two to three times more than those for a nonsmoker's unit. In heavily smoked-in units, items like flooring, countertops and appliances need to

be replaced, in addition to extra coats of paint and general cleaning costs.

Smokefree policies not only reduce property damage and turnover costs, they may also reduce property insurance premiums by decreasing the chance of fire. Smoking materials are the leading cause of home-fire deaths in Alaska and the United States.



**"We've received positive feedback from tenants. Even people who smoke support living in smoke-free environments. It's a marketing plus and positive."**

—Lindsey Dixon,  
Cook Inlet Housing Authority

## It's legal

There are no federal, state or local laws that prevent property owners and managers from adopting smokefree policies. Smokefree policies are not discriminatory; they simply prohibit smoking in the building or on the property, or they restrict smoking to designated areas outdoors, away from doors, windows and common areas.

**"We decided to go smoke-free due to the complaints from tenants and maintenance staff regarding secondhand smoke. Going smoke-free also eliminates the fire hazard."**

—Guy Adams,  
Northwest Inupiat Housing Authority

