

CURRAN APTS. NEWSLETTER

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IT'S SPRING!

A PERFECT TIME TO MAKE YOUR HOME SMOKE FREE

Now that spring is here, and thoughts of fresh air and spring cleaning come to mind, think about protecting yourself and your family from the dangers of secondhand smoke.

Secondhand smoke comes from a lit tobacco product, like a cigarette, cigar or pipe - and it's not just a nuisance - it's a health hazard and it's dangerous. Secondhand smoke contains over 7,000 chemicals and poisons, and at least 70 of these are known to cause cancer. It stays in clothing, hair, furniture, curtains, and carpets even after a cigarette is put out and can harm people who come in contact with it, especially children. Keeping your home smoke free is important to ensure the safety of yourself, your loved ones, guests, neighbors, and even your pets.

Secondhand smoke is dangerous, even if you can't smell it. Opening a window, sitting in a separate area, or using air filters or a fan does not get rid of secondhand smoke. Secondhand smoke exposes your family and friends to many health risks. In adults, it causes problems with asthma, poor blood circulation, heart disease, and lung cancer. In children, it causes more coughs, colds, problems with asthma, pneumonia, and bronchitis. There are simply NO safe levels of secondhand smoke!

A smoke-free home does not mean a smoker-free home. It simply means that smoking is prohibited inside the building to protect all residents from secondhand smoke. Make sure you and your guests know what is expected while in your home. If there is a designated smoking space, make sure to know where smoking is and is not allowed.

If you live in a multi-unit dwelling and don't have a smoke free policy but would like one, try speaking with other residents to build support to talk with your landlord or property management company about creating one. You can check out makesmokinghistory.org for resources and guidance, including a how-to-go smoke free toolkit for multi-unit housing.

For more information contact Tina Grosowsky, tina.grosowsky@umassmed.edu, 508-856-5067.

If you or someone you know would like to quit smoking, call the Massachusetts Smokers' Helpline at 1-800-QUIT-NOW or go to KeepTryingMA.org to enroll online.

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