

# SMOKE FREE

# MULTI-UNIT HOUSING NORTH-CAROLINA

## A Guide for Residents and Their Families

### Why Our Property is Smoke-Free

#### Healthier Living For Everyone

Secondhand smoke may cause asthma attacks, cancer and heart disease. It is very harmful to pregnant women, children and older adults. Secondhand smoke can easily move between apartments. Going smoke-free indoors protects the health of all residents<sup>1</sup>.

#### Safer Living For Everyone

Smoking is the top cause of death from fires in homes. Smoke-free housing lowers the threat of fires caused by smoking. Smoke-free housing protects residents from fires caused by smoking.

#### Thirdhand Smoke

Thirdhand smoke is the nicotine and other chemicals left by tobacco smoke in apartments on things like carpets, walls and blinds. It remains in the apartment long after smoking has stopped.



#### How This Affects Your Lease:

- ◆ The smoke-free policy will be a part of your lease.
- ◆ The policy will describe all the details of being smoke-free.
- ◆ You will be able to keep living in your home as long as you follow the policy.
- ◆ You will be asked to sign a lease addendum agreeing to follow this new policy on *(insert date)*.
- ◆ The policy changes start on *(insert date)*.
- ◆ These changes will apply to all residents, their guests and anyone who works at the property.

*"I'm an asthmatic. Sometimes I wake up at night, choking from other people's smoke. I'll have fewer asthma attacks when the smoke-free policy goes into effect."*

**Cellestine M. NC Resident**

To talk to a quit coach call QuitlineNC toll-free at: **1-800-QUIT-NOW (1-800-784-8668)**

Spanish speakers please call: **1-855-DeJelo-Ya (1-855-335-3569)**

TTY **1-877-777-6534** Or visit: **[www.QuitlineNC.com](http://www.QuitlineNC.com)**

# Did You Know?



**SMOKE FREE** | **MULTI-UNIT HOUSING**  
NORTH-CAROLINA

- 20** Minutes after quitting your heart rate drops to a normal level
- 12** Hours after quitting your oxygen level returns to normal
- 2** Weeks after quitting your urge to smoke drops

## FREE Help to Quit Smoking

### QuitlineNC **QuitlineNC**

When you call the free QuitlineNC, you can expect:

- To talk with a Quit Coach, make your own quit plan and set a quit date
- A support booklet mailed to your home
- Information on local support where available
- Medication information to help you quit
- A phone and / or web coach; available 24/7
- Text2Quit option open to everyone

**1-800-QUIT-NOW (1-800-784-8669)**

Text "READY" to 200-400

Spanish speakers call: 1-855-DeJelo-Ya (1-855-335-3569)

TTY: 1-877-777-6534

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### Learn About Medications for Quitting

[www.smokefree.gov/explore-medications](http://www.smokefree.gov/explore-medications)

### More Help



Smoke-Free Phone Applications help you set goals, track daily habits, view progress, and keep you motivated.

[www.smokefree.gov/apps/](http://www.smokefree.gov/apps/)