

The logo for 'SMOKE FREE' is written in a bold, purple, sans-serif font. The letter 'O' in 'SMOKE' has a diagonal slash through it.The logo for 'MULTI-UNIT HOUSING NORTH-CAROLINA' is written in a blue, sans-serif font. 'MULTI-UNIT HOUSING' is on the top line, and 'NORTH-CAROLINA' is on the bottom line.A light blue background with a row of white house silhouettes at the bottom. The houses have simple outlines with windows and doors.

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 especially harmful to pregnant women, children and older adults. The American Society of Heating, Refrigeration and Air Conditioning Engineers found that secondhand smoke can easily move between apartments. They recommend eliminating smoking indoors to protect the health of all residents¹.

Safer Living For Everyone

Smoking is the leading cause of death from fires in homes. Smoke-free housing decreases the threat of fires caused by smoking.

Place Holder for
Resident Photo

Place Holder for
Resident Quote

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 remain living in your home as long as you abide by the policy.**
- ◆ **You will be asked to sign a lease addendum agreeing to follow this new policy on *[Fill in the Date]*.**
- ◆ **The policy changes start on *[Fill in the Date]*.**
- ◆ **These changes will apply to all residents, their guests and anyone who works at the property.**

To talk to an expert 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**

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 decreases

FREE Help to Quit Smoking

QuitlineNC



When you call the free QuitlineNC, you can expect:

- To talk with a Quit Coach, develop an individual quit plan and set a quit date
- A Support booklet mailed to your home
- Referrals to local support where available
- Medication information to assist you in quitting
- A phone and / or web coach; available 24/7

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

Text "Ready " to 200-400

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Learn About Medications for Quitting

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/

Facebook App: UbQuitous

www.facebook.com/appcenter/quitlab