

Smoking

Protect yourself
and those
around you

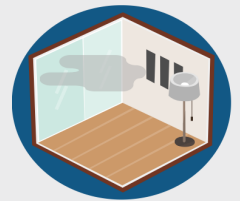


Facts to Know



Sidestream smoke comes from the end of lighted cigarette, pipe or cigar
Mainstream smoke is exhaled by a smoker

Second-Hand Smoke Travels through lighting fixtures, cracks in walls, around plumbing, under doors, light-fixture openings, bathroom fans, sprinkler heads, and in shared heating/ventilation



In the U.S., 35% of children (21 million) live in homes where residents or visitors smoke in the home on a regular basis

Oregon landlords are required by law to tell their tenants if and where smoking is allowed in all units and/or the property



Possible Health Effects



Heart Disease



Increased Risk of
SIDS, Infections
& Asthma



Lung Cancer



Premature Death
& Disease

What Tenants Should Do	What Landlords Should Do
If you smoke, always smoke outside of building	Create a smoke-free policy for property and provide to all tenants upon moving in
Ask your neighbors if they would smoke somewhere else, particularly if secondhand smoke is entering your unit	Thoroughly wash all walls and floors and repaint after a smoker vacates property prior to new tenant moving in

Resources

Smoke Free Oregon

<http://smokefreeoregon.com/smokefree-places/housing/>

Oregon Smokefree Housing Project

<http://www.smokefreehousinginfo.com/>