



The benefits of smoke-free living

Living in a smoke-free environment is one of the best decisions that you can make for yourself and your loved ones. A majority of suburban Cook County renters polled would prefer to rent in a smoke-free building.¹ By eliminating your family's exposure to secondhand smoke, you are promoting their health and well-being.

What is smoke-free housing?

Smoke-free housing prohibits smoking inside apartment buildings, including the apartment units and common areas. Smoke seeps into adjoining units through cracks, light fixtures, and ventilation systems. Smoke-free housing eliminates the possibility of smoke traveling from one unit to another. Those who smoke can live in the building, but they will not be allowed to smoke in the building.

What are the health benefits of smoke-free housing?

Smoke-free housing has many benefits. Smoke-free housing:

- Reduces the risk of children developing severe respiratory problems, pneumonia, ear infections and more frequent asthma attacks.
- Reduces the risk of Sudden Infant Death Syndrome (SIDS).
- Lessens the likelihood that children will become smokers as adults.
- Reduces the risk of fire-related death and injuries.
- Reduces risk of heart attacks, heart and lung disease, cancer and respiratory illness due to exposure to secondhand smoke.
- Lowers your risk of delivering a low birth weight baby and the infant having impaired lung development.
- Frees your apartment from cancer-causing toxins that remain on fabrics, walls, furniture, and carpets. This is called thirdhand smoke.
- Gives everyone the opportunity to breathe cleaner air.

¹ Fako & Associates, Inc. (2013). "Opinions related to Secondhand Smoke Among Adult Renters in Suburban Cook County, Illinois."

Quit for good.

Call 1-866-QUIT-YES

Ask the Quitline about a Courage to Quit® or Freedom From Smoking® class near you.

Visit www.quityes.org

Healthy HotSpot is an initiative led by the Cook County Department of Public Health that aims to build healthy places in suburban Cook County through community partnerships. For more information, visit healthyhotspot.org.

Made possible with funding from the Centers for Disease Control and Prevention.