

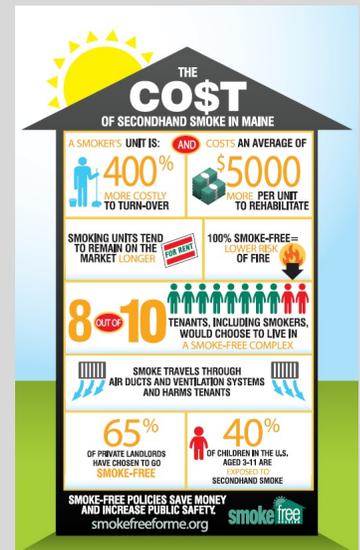


Summer Swelter in Full Swing

The warm weather is here and there is no better time to make your properties smoke-free. The warmer weather may help with tenant buy-in and establish new social norms around smoking before the autumn weather returns.

Check out our road map for adopting a smoke-free policy.

Know the Facts



"8 out of 10 tenants including smokers would choose to live in a smoke-free unit"

Visit www.smokefreeforme.org to view our tenant and landlord factsheets and our other free resources including smoke-free signs and decals!

Road FOR SMOKE-FREE HOUSING Map



- 
1 ADOPT A POLICY
 Put your smoke-free policy in writing. For examples of language and templates, visit: SmokeFreeforME.org/resources-landlord
- 
2 DISCLOSE POLICY TO RESIDENTS
 Maine's secondhand smoke disclosure law requires property owners and managers to notify tenants, in writing, about where smoking is allowed, if anywhere, on the property.
- 
3 COMMUNICATE AND PROMOTE STATUS
 Educate residents on your policy, add signage to the building, and promote your status to prospective residents through: www.MaineHousingSearch.org
 Free materials including signage, keychains, and magnets: SmokeFreeforME.org/order-free-materials
- 
4 MONITOR STATUS
 Awareness and communication are keys to successful enforcement. Contact your local Healthy Maine Partnership or the Smoke-Free Housing Coalition for support.

RESOURCES FOR LANDLORDS
 Learn more at SmokeFreeforME.org

Questions? [Contact us](#) for assistance.

Going Smoke-Free Matters

The US Center for Disease Control and Prevention recently released this infographic sharing key facts about to the effects of secondhand smoke exposure in the home and highlighting the importance of clean indoor air.

Facts about Secondhand and Thirdhand Smoke

Our new rackcard makes it easy to understand the dangers of secondhand and thirdhand smoke, all reasons to support smoke-free housing policies.

SECONDHAND SMOKE is the tobacco smoke exhaled by a smoker or from a burning tobacco product.

 <p>Secondhand smoke contains thousands of chemicals, at least 69 are known to cause cancer.</p>	 <p>There is no safe level of exposure to secondhand smoke.</p>
 <p>Brief exposure to secondhand smoke causes damage that is known to cause illness and cancer.</p>	 <p>Using ventilation systems, or opening a window does not eliminate the harmful effects of secondhand smoke.</p>
 <p>Children exposed to secondhand smoke are at higher risk for health issues.</p>	 <p>Pets that breathe secondhand smoke are more likely to develop cancer.</p>

IF YOU SMOKE, protect your family, friends and coworkers by keeping your home and car smoke-free.

BEC THE Breathe Easy COALITION
 HOUSING • HOSPITALS • COLLEGES • BEHAVIORAL HEALTH

Learn more at: BreatheEasyMaine.org

THIRDHAND SMOKE is the tobacco smoke residue that remains after a tobacco product has been put out.

 <p>After smoke clears, toxins linger, which may leave an odor.</p>	 <p>Thirdhand smoke contains chemicals known to cause cancer.</p>
 <p>Smoke residue sticks to clothing, hair and skin.</p>	 <p>Lingering toxins resist normal household cleaning.</p>
 <p>Thirdhand smoke builds up over time on carpets, walls, furniture, plastic toys and stuffed animals.</p>	 <p>Infants and children are more exposed to thirdhand smoke because they crawl on the floor and put things in their mouths.</p>

IF YOU SMOKE, protect your family, friends and coworkers, wash your hands and hair and change your clothes before coming into contact with others, especially infants and children.

BEC THE Breathe Easy COALITION
 HOUSING • HOSPITALS • COLLEGES • BEHAVIORAL HEALTH

Learn more at: BreatheEasyMaine.org

[Email us](#) to request a printed or electronic copy of this resource.

 MaineHousingSearch.org

[List your Smoke-Free Properties Here!](#)

GOING SMOKEFREE MATTERS IN YOUR HOME

There is no safe amount of secondhand smoke exposure. The home is the main place many children and adults breathe in secondhand smoke.

What is secondhand smoke?

It is the combination of smoke from the burning end of a cigarette and the smoke breathed out by a smoker. When a person smokes near you, you can be exposed to secondhand smoke.

The Surgeon General concluded:



There is no safe level of secondhand smoke exposure.



Cleaning the air and ventilating buildings cannot get rid of secondhand smoke.



Secondhand smoke causes disease and early death in children and in adults who do not smoke.

In the United States:



Approximately 80 million U.S. households are exposed to secondhand smoke.



About 21 million children (including 7 million black children) are exposed to secondhand smoke.



The home is the main place where children are exposed to secondhand smoke.



Secondhand smoke exposure among babies and children can cause:

- Sudden Infant Death Syndrome (SIDS)
- Lung problems
- Ear infections
- Asthma attacks



Secondhand smoke exposure among adults can cause:

- Heart disease
- Stroke
- Lung Cancer

Did You Know?

Secondhand smoke can travel through doorways, cracks in walls, electrical lines, ventilation systems and plumbing.



Only 100% smokefree indoor air fully protects from secondhand smoke exposure.



Opening windows



using fans



heating, air conditioning and ventilation systems

cannot eliminate exposure to secondhand smoke.

In fact, these systems can distribute secondhand smoke throughout a building.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/tobacco

HUD Proposed Rule



On November 12th the U.S. Housing and Urban Development (HUD) Secretary Julián Castro joined Surgeon General Dr. Vivek Murthy to announce a proposed rule to make the nation's public housing properties entirely smoke-free. HUD's proposed rule will require more than 3,100 public housing agencies (PHAs) across the country to implement smoke-free policies in their developments within 18 months of the final rule. Watch the [YouTube video](#) with Secretary Castro speaking about HUD's proposed smoke-free rule.

Pledge to keep your home smoke-free!



To request smoke-free homes pledge cards for your tenants and to order other free resources please visit the [order form page](#) on our [website](#).

Help enforce your smoke-free policy

Order Free Materials!



Breathe easy, you're in **Maine.**



The Smoke-Free Housing Coalition of Maine is please to be able to offer landlords and property managers of smoke-free units in Maine free signage and materials to help enforce smoke-free policies.

[To request signage or materials please visit our website.](#)

Fall Webinar Announcement



Successful Smoke-Free Housing Policy Change: Lessons Learned from the Field

Tuesday, September 13, 2016
1:00-2:00pm

[Register to attend](#)

As a property owner or manager, adopting a smoke-free policy for your building is a win-win situation for you and your tenants. In Maine, 8 out of 10 of tenants, including smokers, would prefer to live in smoke-free housing. In addition to supporting happier tenants, smoke-free housing policies reduce the risk of property damage and lower unit turnover costs.

Join us to hear more success stories of smoke-free housing policy change. If you're unable to attend the webinar live, please register to attend as we will send a recording of the webinar after the event to all those who registered.

For more information [email us](#).



Through education and policy change, the Smoke-Free Housing Coalition of Maine (SFH) works to protect residents in multi-unit housing from involuntary exposure to secondhand smoke. SFH is a program of the Breathe Easy Coalition of Maine, which is able to provide free resources and technical assistance through a grant from the Partnership For A Tobacco-Free Maine, Maine CDC/DHHS.

Connect with us!



[Join Our Mailing List!](#)

Thank you for reading our newsletter and supporting smoke-free environments. Please [contact us](#) with any questions or comments and make sure to check out our [website](#) and connect with us on social media for news,

[resources](#), and future contests!

Sincerely,

The Smoke-Free Housing Coalition of Maine

Contact Us:

[Email Us](#) | www.SmokeFreeForME.org | (207) 874-8774