



Leading the way for **TOBACCO-FREE**
environments across **MAINE**

Fall 2016

New contact info for Smoke-Free Housing staff



207-662-5888

BreatheEasy@mainehealth.org

We are pleased to announce that as of Monday, October 10, the Breathe Easy Coalition, including the initiative of the Smoke-Free Housing Coalition of Maine, has a new location at MaineHealth. Only [our contact information](#) has changed. We will still be providing smoke-free housing policy support in Maine.

Thank you for your understanding during our transition, our apologies if we have missed any communication during this time. If you need technical assistance support or have questions please reach out to our staff via [our new contact information](#).

You can always access resources and links on our website SmokeFreeforME.org



[List your smoke-free properties here for free!](#)

Smoke-free saves time and money and results in happier tenants.



Barbara Weldon Sollway
Awards Recipient

Successful Smoke-Free Policies - Webinar recording

Facts about E-Cigarettes & Hookah

Our new rack cards makes it easy to understand the dangers of e-cigarettes and hookah. These resources are great for supporting smoke-free

Resources and Support from the Coalition

Road FOR SMOKE-FREE HOUSING Map

SECONDHAND SMOKE POLICY
This policy is similar to that of a smoke-free or smoking cessation program.

THIRDHAND SMOKE
This is the residue that remains on surfaces after a tobacco product has been used.

Breathe Easy COALITION
SMOKE-FREE HOUSING COALITION OF MAINE

Are you looking for some more information about adopting or ongoing enforcement for your smoke-free housing policy? Check out the most recent webinar recording to learn more. [Click here to access the video.](#)

Help enforce your smoke-free policy- Order Free Materials



Communicating your policy is one of the easiest ways to help with policy enforcement. We are pleased to be able to offer landlords and property managers free signage and materials for smoke-free units in Maine. [To request signage or materials please visit our website.](#)

Encourage residents to take the Pledge to keep their home smoke-free!



[Take the Pledge today!](#)

Anyone living in Maine can take the smoke-free home pledge. By taking the pledge, residents are pledging to keep their family home, apartment or condo

housing policies and can help educate your residents.

E-CIGARETTES

These battery powered products heat a liquid that contains nicotine and other chemicals.

- E-Cigarettes are also known as **Electronic Nicotine Delivery Systems (ENDS)**. Other types of ENDS can include vaporizers, vape pens, hookah pens and e-pipes.
- Nicotine liquids for ENDS are flavored, which may increase use by youth.
- The long term health effects of these products are not known.
- ENDS are made to look like cigarettes, cigars, pipes, pens and flashlights.
- Nicotine is addictive in any form and poisonous in high doses.
- The vapor can release nicotine and cancer causing chemicals.

ENDS are NOT APPROVED as a quit aid by the U.S. Food & Drug Administration (FDA).

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Learn more at: [BreatheEasyMaine.org](#)

HOOKAH

Hookah is a water pipe used to smoke flavored tobacco, also called shisha, through cooled water.

- A one-hour hookah session contains 36 times more tar than a cigarette.
- Hookah's tobacco flavors are appealing to youth and young adults.
- Shisha is a sticky tobacco, usually soaked in honey or molasses. Herbal shisha can be just as toxic as tobacco shisha.
- Hookah can be smoked electronically using hookah pens or e-hookah, and health effects are unknown.
- Hookah smoke increases the risk of disease including cancer, clogged arteries, heart disease, lung disease and complications during pregnancy.
- Sharing a hookah mouth piece increases the risk of spreading infectious diseases like tuberculosis, hepatitis, herpes, and the flu.

Hookah is NOT A SAFE ALTERNATIVE to cigarettes.

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Learn more at: [BreatheEasyMaine.org](#)

[Email us](#) to request printed or electronic copies of these resources.

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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, an initiative of the MaineHealth Center for Tobacco Independence, the coalition is

smoke-free.

Whether or not your building has a smoke-free policy, your residents can take the the [Smoke-Free Home Pledge](#). This is a proactive way to protect their unit from dangers of secondhand smoke and property damage risks. It can also help reinforce a smoke-free building policy by gaining resident support. Anyone who takes the pledge and provides a mailing address will receive a smoke-free home kit with information on the dangers of secondhand smoke, coloring sheets for kids and information about quit resources.

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

SmokeFreeForME.org | (207) 662-5888 | BreatheEasy@mainehealth.org

funded by the Maine CDC.

STAY CONNECTED



 Forward to a Friend