

Keep It Sacred Keep It Clean Keep It Smoke Free



One of the best ways to reduce the harmful effects of secondhand and thirdhand smoke is to put an end to smoking in tribal housing.

Did You Know?

- When people smoke in their homes or shared outdoor areas, **secondhand smoke can still drift into homes** that do not allow smoking.
- There is **no safe level of exposure** to secondhand smoke.
- Breathing secondhand smoke can cause **asthma, heart disease, cancer, and Sudden Infant Death Syndrome (SIDS)**, as well as **make chronic illnesses worse**. Secondhand smoke is most **harmful to children, older adults**, and people with disabilities, yet they are the least able to avoid it.
- **Thirdhand smoke is a toxic residue** that is left behind after smoking. It builds up on floors, walls and furniture as well as on smokers' hair, skin and clothing. Young children and pets are particularly vulnerable to ingesting thirdhand smoke.

By Adopting A Smoke-Free Policy, Housing Authorities Can:

- Protect residents from secondhand smoke
- Save money on cleaning and repairs
- Lower fire risks

Contact California's Clean Air Project for free assistance with:

- Resident surveys
- Signage
- Air monitoring
 - We use TSI SidePa^{ck} particle monitors or PurpleAir monitors to accurately measure the air quality in and around housing.



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Sources

1. U.S. Department of Health & Human Services. *The Health Consequences of Smoking – 50 Years of Progress: A Report of the Surgeon General*. 2014.
2. American Academy of Pediatrics. *Thirdhand Smoke: A Threat to Child Health*. 2018.
3. U.S. Food and Drug Administration. *Be Smoke-free and Help Your Pets Live Longer, Healthier Lives*. 2017.