

We are

FREE TO BREATHE

Albany Housing Authority is going
SMOKE-FREE
January 1st, 2016

To ensure the quality of air and the safety of residents in its housing programs, Albany Housing Authority has decided that all residential properties will be smoke-free as of January 1, 2016.

- **Smoking will not be permitted indoors, including in the apartments.**
- **Smoking will be permitted outside in designated areas, or more than twenty-five (25) feet away from buildings if there are no designated areas.**

A smoke-FREE policy in all Albany Housing Authority buildings means that everyone who visits, lives or works in Albany Housing Authority buildings is FREE to breath cleaner, safer, healthier air.

A healthy living partnership of

Albany County Dept. of Health • Albany Housing Authority •
American Heart Association • Asthma Coalition of the
Capital Region • American Cancer Society • Capital District
Tobacco-Free Coalition • Center for Health Programs & Promotion
• Healthy Capital District Initiative

Why is Albany Housing going smoke-free?

It's cleaner! Smoking in units leaves a residue that is both highly toxic and difficult to clean. This residue contains chemicals that can produce similar effects to lead poisoning.

It's safer! Smoking is the leading cause of residential fire deaths and injuries. Almost 1,000 people die every year in smoking-related fires, half are residents in multiunit housing.

It's healthier! Secondhand smoke travels between units and poses a serious health threat to children and adults. Exposure to secondhand smoke can:

- Harm lung development in children and cause Sudden Infant Death Syndrome
- Cause heart disease and lung cancer in non-smokers
- Lead to more coughs, wheezing, ear infections, bronchitis or pneumonia
- Trigger more frequent and severe asthma attacks

What about smokers?

Smokers are free to enjoy their home but must smoke **outside** and **away** from buildings. If anyone wants to quit, we can help through:

- **The Butt Stops Here cessation classes**
For more information, call 459-2550 or visit www.healthprograms.org/quit-now
- **The New York State Smokers' Quitline**
1-866-NY-QUITS or www.nysmokefree.com

Thank You!

