



## Did you know?

The home is the most common place where people are exposed to **secondhand smoke**.



### There is no safe level of exposure to secondhand smoke (SHS).

- » SHS contains **over 7,000 chemicals** including formaldehyde, arsenic, and hydrogen cyanide.
- » **41,000 non-smokers die** from SHS exposure each year in the U.S.
- » People who live in multi-unit housing without smoke-free policies, are at **greater risk of SHS exposure**.
- » **Up to 65% of the air** in an apartment can come from other units in the building.
- » **Smoke travels** through ventilation systems, electrical outlets, and even plumbing.



### CANNABIS CONCERNS

Reports of cannabis or marijuana secondhand smoke exposure are rising in California.

**Cannabis secondhand smoke is harmful just like cigarette smoke.** It has many of the same toxic chemicals that can cause cancer and other illnesses.

### WHAT ABOUT VAPING?

In recent years, “vaping” has been gaining in popularity—especially among youth and young adults. Vaping devices heat a liquid to produce an aerosol that contains a mixture of dangerous chemicals, including heavy metals.



It's **NOT** just **HARMLESS** water vapor!

# There is no **LEGAL RIGHT** to smoke but there is a legal right to breathe smoke-free air

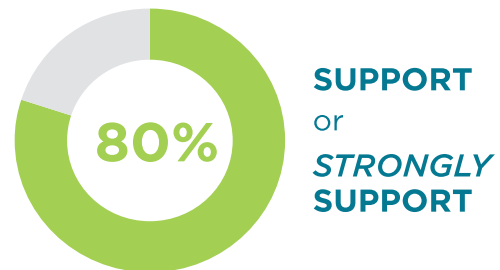
## Residents **NEED** and **WANT** smoke-free housing!

Sutter County residents living in multi-unit housing were asked:

» **Would you support smoke-free policies in your complex?**



» **Do you support the new smoke-free policy in your complex?**



## How are smoke-free policies enforced?

- » **Education and signage** are used to let people know where they can and cannot use tobacco.
- » **Warning letters** can be given to people who violate the policy—but most people follow the rules when they know them.
- » **Cases of repeat violations** could result in eviction.



## Everyone deserves to have a **healthy, smoke-free home!**

For help with smoke-free policies contact:

**Sutter County Public Health**  
1445 Veterans Memorial Circle  
Yuba City, CA 95993  
530-822-7215  
[www.SutterCounty.org/tobacco](http://www.SutterCounty.org/tobacco)  
**#BreatheEasySutter**



## REFERENCES:

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- » U.S. Department of Health & Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke*. 2006.
- » Bohac, DL, et al. Measured Change in Multifamily Unit Air Leakage and Airflow Due to Air Sealing and Ventilation Treatments. *ASHRAE*. 2007.
- » Sutter County Tobacco Control Program. *Multi-Unit Housing Resident Opinion Poll*. 2018.
- » U.S. Department of Health & Human Services. *E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General*. 2016.
- » Holitzki, H, et al. Health Effects of Exposure to Second- and Third-hand Marijuana Smoke: A Systematic Review. *CMAJ Open*. 5.4 (2017): E814-22.