



Canadians spend two-thirds of their time indoors at home, yet people who live in apartments and condominiums have no protection from drifting second-hand smoke.

Second-hand smoke is more than just a nuisance, it is a serious health hazard. Research shows that the more tobacco smoke you are exposed to, the greater the risk to your health.

# Smoke-Free Housing

BREATHE . HOME . CLEAN . HEALTH . AIR

Second-hand smoke (SHS) is a toxic mix of more than 4,000 chemicals, over 50 of which are known to cause cancer. SHS can also cause heart disease and respiratory illnesses.

## Why is Second-Hand Smoke (SHS) Dangerous?



Over 1,000 non-smoking Canadians die per year due to diseases caused by second-hand smoke.



In children SHS exposure is linked to sore throats, croup, asthma, bronchitis, ear infections, pneumonia, leukemia and other cancers



Pregnant women exposed to SHS have an increased risk of miscarriage, stillbirths or giving birth to low birth weight babies



Babies who regularly breathe in second-hand smoke have a greater chance of dying from Sudden Infant Death Syndrome (SIDS)



Second-hand smoke can cause leukemia in cats; dogs in smoking households have a greater risk of cancer

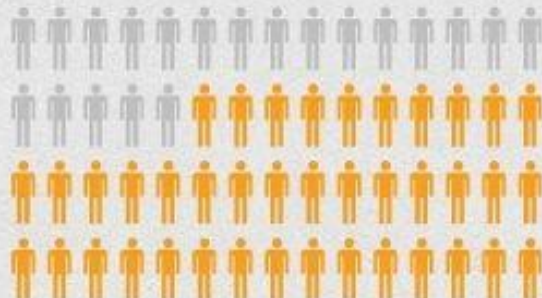
For more information on Smoke-Free Housing visit [smokefreehousingon.ca](http://smokefreehousingon.ca)

## WHAT TENANTS NEED TO KNOW...

There is no safe level of exposure to second-hand smoke and the only way to eliminate it from indoor air is to remove the source.



Smoke-free buildings protects the health of tenants from poisonous second-hand smoke.



**A recent survey showed that if given the choice, two-thirds of Ontario residents prefer to live in a smoke-free building**

Air filters, air purifiers and ventilation systems cannot protect you from second-hand smoke.



SHS infiltrates between units through ventilation systems, doorways, windows, balconies, light fixtures and cracks and gaps in floors and walls.

