

Breathe Easy

Smoke-Free Apartments, Condos and Townhomes

References

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1-800-841-2729 or 905-666-6241
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Information for Tenants

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There is no safe level of second-hand smoke. Second-hand smoke is the smoke that is blown into the air, and the smoke that enters the air from the burning end of a cigarette. There are more than 7000 chemicals in second-hand smoke and more than 69 of these can cause cancer.

There are many ways that smoke gets into other people's homes:

- Through open doors and windows (from a patio or balcony)
- Through outlets, cracks, gaps, cable or phone jacks, and ceiling fixtures
- Through shared vents

In a new Ontario survey, 42% reported exposure to second-hand smoke in their unit within the past 6 months.

The only way to fully protect one's health is to ban all indoor smoking in a building.



Who is affected by second-hand smoke in a building?

- In adults, second-hand smoke can cause heart disease and lung cancer. It is also linked to breast cancer, stroke, nasal and sinus cancers and breathing problems, including asthma
- In children, second-hand smoke can cause ear infections and breathing problems. Second-hand smoke increases the risk for Sudden Infant Death Syndrome (SIDS)
- In pregnant women, second-hand smoke is linked to miscarriage, stillbirths or giving birth to low birth weight babies
- In dogs and cats, second-hand smoke is linked to cancer and other health problems

You Are Not Alone

More people are asking for smoke-free buildings. When asked to choose between two buildings that were the same, 80% of people living in Ontario would choose the smoke-free building.

Health Benefits

Adults, children and pets can have health benefits from living in a smoke-free home.

How can I protect myself?

- The Smoke-Free Ontario Act bans smoking in areas that are used by everyone (lobbies, elevators, stairwells, hallways)
- Call Durham Region Health Department at 1-800-841-2729 for information on how to avoid second-hand smoke, and for ideas on how to ask for a smoke-free building policy
- When picking a place to live, look for a building that has banned smoking
- Talk to your landlord/owner/condo board about banning smoking in your building
- Smoke-Free Housing Ontario www.smokefreehousingon.ca
- The Ontario Landlord and Tenant Board at 1-800-332-3234 or www.itb.gov.on.ca
- The Human Rights Tribunal of Ontario 1-866-598-0322 or www.hrto.ca/hrto

