

# Smoke-Free Housing Recommendations for Homeowners Associations During COVID-19

COVID-19 is a new illness that affects the respiratory system (chest and lungs). Smoking can compromise the immune system, which makes people at higher risk for severe illness from COVID-19 (CDC). In general, smoking, vaping, and exposure to secondhand smoke may cause lung inflammation. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>



## In light of the increased importance of clean indoor air, Live Smoke Free recommends :

- If you are unsure about if or where smoking is or is not allowed, check your Home Owner Association (HOA) documents or contact your management company.
- Contact your HOA Board of Directors or your management company about secondhand smoke infiltration into your unit.
- If your HOA does not have a smoke-free policy, your caretaker or management company may be able to assist you in finding ways to mitigate secondhand smoke or consider adopting a smoke-free policy when the time is right.



## Take it Outside

- If you smoke, smoke outside to help protect the health of everyone in your home and everyone in your common interest community.
- Secondhand smoke travels through vents, electrical outlets, doors and windows through shared walls from other units.



## Get free help to quit, cut back, or manage your cravings

- Now may be a good time to think about cutting down on or quitting smoking. Quitting improves your health no matter how long you have smoked. Quitting boosts your immune system and helps your body repair itself in many ways.
- The most effective way to quit for good is to use FDA-approved medicines and coaching support together.
- Call 1-800-QUIT-NOW (1-800-784-8669) to get started. or go to: <http://www.quitpartnermn.com/> TTY: 1-877-777-6534
- For specific information on smoking and COVID 19, got to: <https://www.health.state.mn.us/communities/tobacco/quitting/index.html#covid19>



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For more information call Live Smoke Free at 651-646-3005 <http://mnsnsmokefreehousing.org/>

