

Smoke-Free Housing Recommendations for Renters 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>



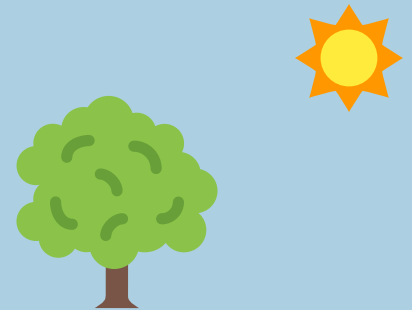
In light of the increased importance of clean indoor air, Live Smoke Free recommends :

- If you are unsure about where smoking is or is not allowed, check your lease or ask your property manager.
- Report secondhand smoke infiltration in your apartment.
- If your building does not have a smoke-free policy, your property manager 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 apartment 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, go to: <https://www.health.state.mn.us/communities/tobacco/quitting/index.html#covid19>



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