

# STOP THE DRIFT!

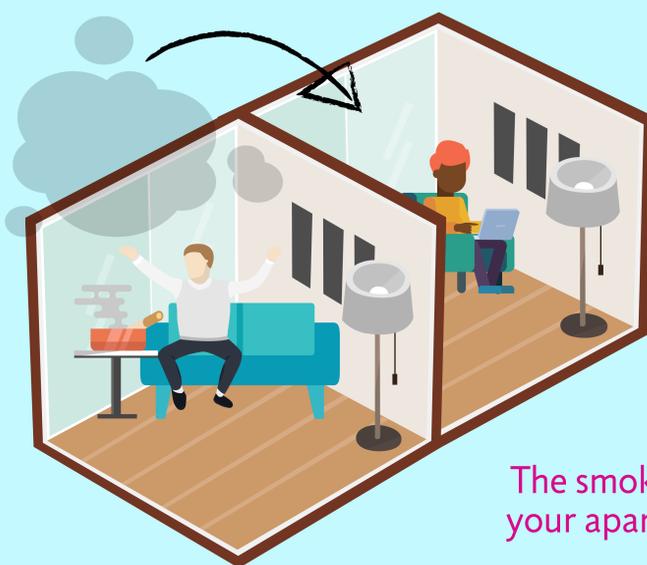
Reduce secondhand smoke from creeping into your apartment

## What is secondhand smoke?

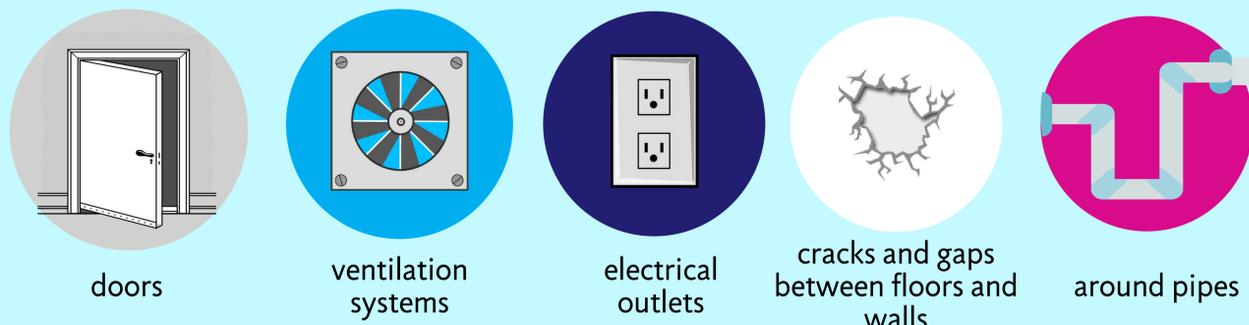
- Secondhand smoke is a mixture of gases and particles released from the burning end of any tobacco product or breathed out by a smoker.
- Breathing in secondhand smoke can be dangerous to your health.
- Secondhand smoke can lead to health issues such as cancer, heart disease, asthma, and sudden infant death syndrome (SIDS).

## How can secondhand smoke enter my apartment?

Apartments share air.



The smoke can drift into your apartment through:



## How can I reduce secondhand smoke drift?



Close all points of entry where secondhand smoke may enter your apartment, such as openings in walls and doors and electrical outlets.

Use a weather strip under and around the door to prevent smoke from drifting in.



Seal cracks or gaps in apartment floors, walls, and around pipes with silicone.

Avoid spray foam insulation.



Continue a simple and healthy cleaning routine.

Wet dust and wet mop your home regularly.



Ventilate your apartment by opening windows.



Discuss sealing cracks or gaps in the smoker's apartment with your neighbor or building staff.

If you decide to purchase an air filter, use one with a high efficiency particulate air filter (HEPA) and a cartridge for volatile organic compounds (VOCs)/gases.

Do not buy a filter that makes ozone, and be sure to change the filter regularly.



## Smoke-Free Housing

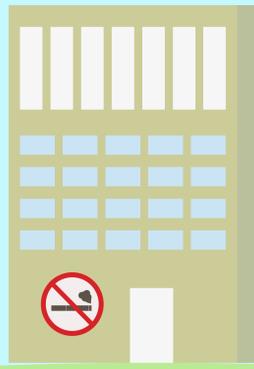
Your building can go completely smoke-free! This means that there is no smoking anywhere indoors. Smoke-free housing results in:

People having to smoke outdoors

Less property damage

Enhanced fire safety

Cleaner air and better health



In NYC residential apartment buildings, smoking is not allowed in common indoor areas like stairwells, laundry rooms, and lobbies. However, when smokers smoke in their apartment, smoke can drift into other homes. Smoke-free housing prevents this drift. Talk to the building management or tenants association about going smoke-free!

Smoke-Free Housing NY has a guide for landlords to make their building smoke free: <http://www.smokefreehousingny.org/wp-content/uploads/HUD-Smoke-Free-Housing-ToolKit1.pdf>

## Resources

The Environmental Protection Agency (EPA) describes different kinds of air filters and how they are evaluated at <https://www.epa.gov/indoor-air-quality-iaq/guide-air-cleaners-home#how-is-performance>



Visit <https://www1.nyc.gov/site/doh/health/health-topics/smoking-smoke-free-housing.page> for more resources on smoke-free housing and secondhand smoke reduction.



Visit <http://www.smokefreehousingny.org/tenants/> for a listing of buildings that are smoke-free.



Children's Environmental Health Center



Transdisciplinary Center on Health Effects of Early Environmental Exposures

DISCLAIMER: This material was supported by the American Academy of Pediatrics (AAP) and funded (in part) by the cooperative agreement FA1N: U61TS000237-03 from the Agency for Toxic Substances and Disease Registry (ATSDR). Acknowledgement: The U.S. Environmental Protection Agency (EPA) supports the PEHSU by providing partial funding to ATSDR under Inter-Agency Agreement number DW-75-9587701. Neither EPA nor ATSDR endorse the purchase of any commercial products or services mentioned in PEHSU publications.

<https://www1.nyc.gov/site/doh/health/health-topics/smoking-smoke-free-housing.page>  
[https://portal.hud.gov/hudportal/documents/huddoc?id=smokefree\\_guidebk.pdf](https://portal.hud.gov/hudportal/documents/huddoc?id=smokefree_guidebk.pdf)  
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