

# Breathe Easy

## Smoke-Free Apartments, Condos and Townhomes

### References

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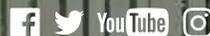
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HEALTH  
DEPARTMENT

**Durham Health Connection Line**  
**1-800-841-2729 or 905-668-2020**  
**durham.ca**

If you require this information in an accessible format, contact 1-800-841-2729.



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**Information for Tenants**

## Information for Tenants

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](http://www.smokefreehousingon.ca)
- The Ontario Landlord and Tenant Board at 1-800-332-3234 or [www.itb.gov.on.ca](http://www.itb.gov.on.ca)
- The Human Rights Tribunal of Ontario 1-866-598-0322 or [www.hrto.ca/hrto](http://www.hrto.ca/hrto)

