

## WANT TO QUIT SMOKING? HELP IS AVAILABLE.

You don't have to quit smoking to live in your housing authority.<sup>6</sup> Although, you may find this may be the right time to quit smoking or using tobacco.



It's never too late to quit! The single most important thing you can do to protect your health is to quit using tobacco. Quitting isn't easy, but more than three million people find a way to quit each year!

When you're ready, there is support available to help you quit.

Texas Tobacco Quitline is a confidential, 24/7 telephone counseling service to help you quit. The Texas Tobacco Quitline is available to Texas residents who are 13 years or older with additional benefits for pregnant women.



You may be able to qualify for nicotine gum, patches, or other medications that can help you quit.



You can also talk to your doctor or visit your nearest health clinic to get more information about how to quit. There may be other programs in your area to help support you. Ask your property manager about local quit tobacco support in your area.

**Call 1-877-YES-QUIT (1-877-937-7848)  
or visit [www.YesQuit.org](http://www.YesQuit.org)**

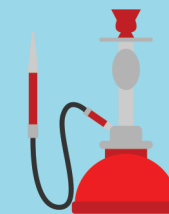
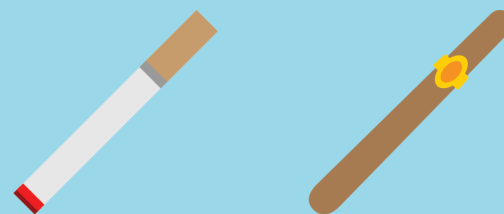
## WHERE YOU LIVE IS GOING SMOKE-FREE; WHAT YOU NEED TO KNOW.

By July 30<sup>th</sup>, 2018, the U.S. Department of Housing and Urban Development (HUD) requires all public housing across the country to be smoke-free.

- Living smoke-free can make a big difference in our health.<sup>1</sup>

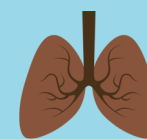
What does it mean to be "smoke-free" and how does it affect me?

- Going smoke-free means smoking is not allowed indoors.<sup>5</sup>
- Rules regarding outdoor areas may differ depending on your public housing authority.
- Smoking can be defined as items that involve the burning of tobacco leaves. This can include but is not limited to **cigarettes**, **cigars**, and **hookahs**.



What is secondhand smoke? <sup>6</sup>

- Secondhand smoke is smoke from the lit end of burning tobacco products like cigarettes, cigars, or pipes. Secondhand smoke is also generated when a smoker exhales.
- Tobacco smoke contains 7,000 chemicals, including hundreds that are toxic and about 70 can cause cancer.
- Secondhand smoke is known to cause lung cancer, heart disease, and breathing problems.
- Secondhand smoke can travel within multi-unit housing and common areas through **doorways**, **cracks in walls**, **electrical lines**, **ventilation systems**, and **plumbing**.<sup>7</sup>



## HEALTH EFFECTS OF SECONDHAND SMOKE



**2 in 5** children are exposed to secondhand smoke.<sup>1</sup>

The **home** is the main place where **children** are exposed to secondhand smoke.<sup>1,2</sup>



Many people who live in public housing are especially affected by secondhand smoke, including **children**, **elderly**, **pregnant women**, and **people with disabilities**.<sup>5, 6</sup>

There is no safe level of secondhand smoke exposure.<sup>3</sup>

The only way to truly reduce the health risk from secondhand smoke exposure is to create **smoke-free** environments.<sup>2,3</sup>

About **80 (8 in 10)** percent of multi-unit housing residents choose to make their own homes smoke-free.<sup>4</sup>



References:  
 1) Centers for Disease Control and Prevention. (2015). Vital signs: disparities in nonsmokers' exposure to secondhand smoke — United States, 1999–2012. Morbidity and Mortality Weekly Report (MMWR), 64 (04), 103–108.  
 2) U.S. Department of Health and Human Services. (2006). The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease and Health Promotion, Office of Smoking and Health.  
 3) U.S. Department of Health and Human Services. (2014). The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.  
 4) Centers for Disease Control and Prevention. (2016). Tobacco use and secondhand smoke exposure is high in multi-unit housing. Retrieved from: <https://www.cdc.gov/tobacco/infographics/secondhand-smoke/index.htm>.  
 5) U.S. Department of Housing and Urban Development. Health and Human Services (HUD). (n.d.). Smoke-free policy information for residents: This is a smoke-free building. HUD fact sheet. Retrieved from: [https://www.hud.gov/sites/documents/4\\_SMOKEFS\\_INFORESIDENTS.PDF](https://www.hud.gov/sites/documents/4_SMOKEFS_INFORESIDENTS.PDF)  
 6) Centers for Disease Control and Prevention. (2017). Second-hand Smoke Facts. Office of Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion. Retrieved from: [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/general\\_facts/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm)  
 7) As cited, Centers for Disease Control and Prevention. (n.d.). Going smoke-free matters; Multiunit Housing. Retrieved from: <https://chronicdata.cdc.gov/Policy/Going-Smokefree-Matters-Multiunit-Housing-Infograp/d9eu-6czzr/data>

## ¿QUIERE DEJAR DE FUMAR? NOSOTROS PODEMOS AYUDARLE

Usted no tiene que dejar de fumar para vivir en las viviendas públicas.<sup>6</sup> Sin embargo, éste puede ser el momento adecuado para dejar de fumar o de usar tabaco.



¡Nunca es tarde para dejar de fumar! Lo más importante que usted puede hacer para proteger su salud es dejar de usar tabaco. Dejarlo no es fácil, ¡pero más de tres millones de personas han encontrado la manera de hacerlo cada año!

Disponemos de apoyo para ayudarle a dejar de fumar cuando usted esté listo.

La línea de ayuda Texas Tobacco Quitline es un servicio confidencial de consejería, abierta las 24 horas del día para ayudarle a dejar de fumar. Esta línea está disponible para los residentes de Texas, de 13 años de edad o más y ofrece beneficios adicionales para las mujeres embarazadas.



Usted puede también tener derecho a recibir chicles de nicotina, parches u otro tipo de medicamentos que pueden ayudarle a dejar de fumar o de usar tabaco.



Para obtener más información sobre como dejar de fumar, hable con su médico o visite su clínica de salud más cercana. Puede haber otros programas de apoyo en su área. Pregunte al administrador de su vivienda sobre apoyo local en su área, para dejar de fumar.

Llame al 1-877-937-7848  
O visite el sitio [www.YesQuit.org](http://www.YesQuit.org)

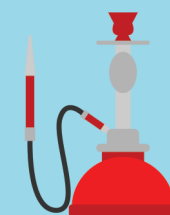
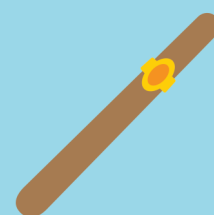
## EL SITIO DONDE USTED VIVE YA VA ESTAR LIBRE DE HUMO; INFORMACIÓN QUE DEBE SABER

El 30 de julio del 2018, el Departamento de Vivienda y Desarrollo Urbano de E. U. (HUD, por sus siglas en inglés), va a exigir que todas las viviendas públicas del país sean libre de humo.

- Vivir libre de humo puede hacer una gran diferencia en nuestra salud.<sup>1</sup>

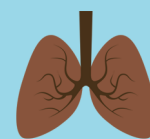
¿Qué significa "estar libre de humo" y de qué manera me afecta?

- Estar libre de humo significa que no se permite fumar en el interior.<sup>5</sup>
- Las reglas respecto a las áreas en el exterior pueden ser diferentes dependiendo de la autoridad de su vivienda pública.
- Fumar puede definirse como artículos que involucran la quema de hojas de tabaco. Esto puede incluir, pero no se limita a los **cigarrillos, puros y narguiles/hookas.**



¿Qué es el humo de segunda mano?<sup>6</sup>

- El humo de segunda mano es el humo que sale de la punta encendida al quemar productos de tabaco como cigarrillos, puros o pipas. También se genera cuando exhala un fumador.
- El humo de tabaco contiene 7,000 químicos incluyendo cientos que son tóxicos y aproximadamente 70 de ellos pueden causar cáncer.
- Es sabido que el humo de segunda mano causa **cáncer de pulmón, enfermedades cardiacas y problemas respiratorios.**
- El humo de segunda mano puede filtrarse dentro de las unidades múltiples de viviendas y a las áreas comunes a través de **pasillos, rendijas en las paredes, cables eléctricos, sistemas de ventilación y plomería.**<sup>7</sup>



## EFFECTOS DEL HUMO DE SEGUNDA MANO EN SU SALUD



2 de cada 5 niños están expuestos al humo de segunda mano.<sup>1</sup>

El hogar es el principal lugar donde los niños están expuestos al humo de segunda mano.<sup>1,2</sup>



Muchas personas que viven en viviendas públicas están siendo afectadas de manera personal por el humo de segunda mano, **incluyendo a niños, adultos mayores, mujeres embarazadas y personas discapacitadas.**<sup>5, 6</sup>

No existe un nivel seguro de exposición al humo de segunda mano.<sup>3</sup>

La única manera de reducir verdaderamente el riesgo de salud de la exposición al humo de segunda mano es creando ambientes **libres de humo.**<sup>2,3</sup>

Aproximadamente 80% (**8 de cada 10**) de los residentes de unidades múltiples de viviendas han optado por hacer que su hogar sea libre de humo.<sup>4</sup>



### Referencias:

- Centers for Disease Control and Prevention. (2015). Vital signs: disparities in nonsmokers' exposure to secondhand smoke — United States, 1999–2012. *Morbidity and Mortality Weekly Report (MMWR)*, 64 (04), 103-108.
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