



Secondhand Smoke

Did you know?

Secondhand smoke increases the risk of asthma, lung infections, ear infections, and Sudden Infant Death Syndrome (SIDS).

Action Plan

- Do not allow smoking inside your home and car.
- Choose a smoke-free childcare setting.
- Reduce smoke drift from your neighbors:
 - Seal cracks or gaps in apartment floors, walls, and around pipes with silicone.
 - Put a weather strip under and around the door.
 - Ventilate your home by opening windows.
 - Wet dust and wet mop regularly to reduce household dust. This might also help to reduce chemical residues from the smoke.

[more](#) →

Signature _____

Date _____

Resources

For information on what to do if your neighbor’s smoke drifts into your home, visit lung.org and search “Secondhand Smoke Apartment.”

For local resources to help you quit smoking:

New York City	Learn more about smoke-free housing in NYC: nyc.gov (search “smoke-free housing”) Visit nyc.gov and search “NYC quits” for other resources related to stop smoking
New York State	Search for smoke-free housing in NY State: smokefreehousingny.org Visit nysmokefree.com or call 1-866-NY-QUITS
New Jersey	New Jersey smoke-free housing directory: chnj.njpn.org (search “find smoke-free housing”) Visit njquitline.org or call 1-866-NJ- STOPS
Puerto Rico	Visit dejaloyapr.salud.gov.pr or call 1-877-335-2567
U.S. Virgin Islands	Visit smokefree.gov or call 1-800-QUIT-NOW

For more information, visit icahn.mssm.edu/research/pehsu/information