

NEWS RELEASE

Panhandle

Public Health District

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For immediate release.

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Smoke-Free Homes are Healthy Homes

Are you aware that you may be exposed to more than 7,000 chemicals, including hundreds that are toxic, and about 70 that can cause cancer, inside your home? You may be, if you are exposed to secondhand smoke. Is your home safe?

“Establishing your home as a smoke-free environment is one way to improve the health of those who live with you. Don’t allow smoking in your home and if you rent, choose a building that is entirely smoke-free,” said Tabi Prochazka, Health Promotions Coordinator at Panhandle Public Health District.

Seventy-one percent of households in Nebraska where at least one-person smokes, have a no-smoking rule inside their home. But this still means nearly 18,000 Nebraska children are unprotected and exposed to secondhand smoke within their home.

In multi-unit housing, secondhand smoke is not just limited to the unit in which it occurs. According to the American Society of Health, Refrigerating, and Air Conditioning Engineers (ASHRAE), there is no ventilation system that can remove all exposure to secondhand smoke, including aerosol from e-cigarettes.

By August 2018 all public housing authorities must establish a smoke-free policy to be in line with the 2016 HUD smoke-free rule. This rule is expected to help more than 2 million public housing residents, including 740,000 children across the country. It is also estimated that it will save \$154 million annually in health care, home repair and fire costs.

Panhandle Public Health District has been working with managers across the Panhandle to assist with making this transition as seamless as possible. Our team is here to support you as you pass smoke free and tobacco free policies.

Properties in the Panhandle interested in going smoke-free can visit <http://www.pphd.org/Pages/tfMultiunitHousing.htm>, email tprochazka@pphd.org, or call Tabi at 308-487-3600 ext 107. More information about smoke-free housing can also be found at www.SmokeFree.ne.gov.

Anyone wanting to quit tobacco products and/or e-cigarettes can contact the Nebraska Tobacco Quitline at 1-800-QUIT-NOW (784-8669) or visit QuitNow.ne.gov. It’s free and confidential – 24 hours a day, 7 days a week.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.