



### Did you know?

Children exposed to secondhand smoke have an increased risk of sudden infant death syndrome (SIDS), acute respiratory infections, pneumonia, bronchitis, ear infections, slowed lung growth, and more severe and frequent bouts of asthma.

- Centers for Disease Control

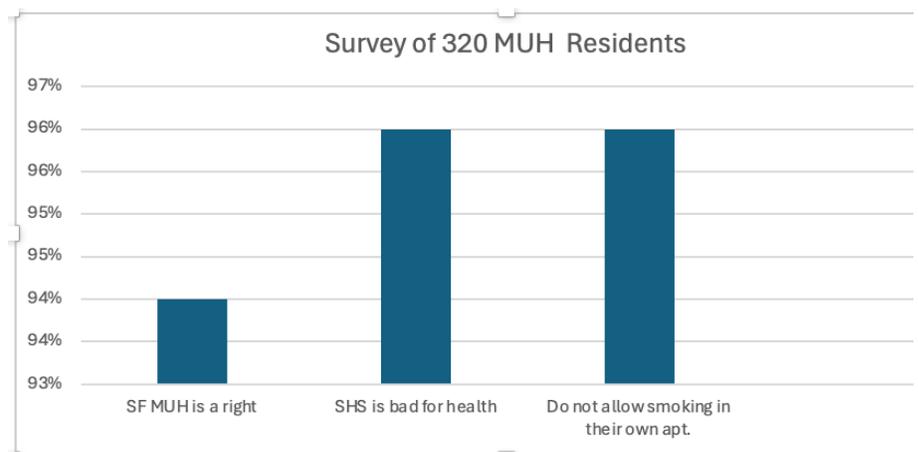
<https://www.cdc.gov/tobacco/secondhand->



The goal of the *Smokefree San Dieguito* project is to reduce exposure to unwanted secondhand smoke, toxic smoke residue, and tobacco waste for residents of apartments and condominiums in the cities of Del Mar, Encinitas, and Solana Beach. This project was launched by San Dieguito Alliance for Drug Free Youth (SDA) after receiving emails and calls from local residents seeking relief from secondhand smoke exposure in their homes due to a neighbor's use of tobacco and/or marijuana.

Smokefree San Dieguito is a coalition of individuals and local partners who believe everyone has the right to breathe clean air at home. We are here to provide support for residents exposed to intrusive secondhand and thirdhand smoke at home; to provide resources for decision-makers about successfully adopting comprehensive smokefree multi-unit housing ordinances, and assisting property owners, managers, and homeowner associations with educational materials and resources to implement smokefree policies.

A survey of more than 300 multi-unit-housing residents in the north county coastal region showed overwhelming support for smokefree living and concern about the health impacts of secondhand smoke.



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*“Residents appreciate the non-smoking policy because it removes smell and residue.” ~ Property Manager*

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## Most people are exposed to secondhand smoke in homes and at work

From the Centers for Disease Control: People are more likely to be exposed to secondhand smoke if they live in multi-unit housing—like apartment buildings with many homes next to one another in the same place.[7] [8] Even when no one in the home smokes, secondhand smoke can drift from other units including through hallways, stairwells, and ventilation systems.[8]

The harm caused by secondhand smoke is preventable. Eliminating smoking is the only way to fully protect people from secondhand smoke exposure.

Comprehensive smokefree laws and policies that prohibit smoking in all areas of indoor spaces are the only way to fully protect people who do not smoke from secondhand smoke exposure.<sup>4</sup> Comprehensive smokefree laws and policies can also help people quit smoking and can help keep young people from starting to smoke.[4] [9] [1][0] These laws and policies must be applied equitably to ensure that all people have a fair and just opportunity to breathe smokefree air and be as healthy as possible.

Here are just a few of the chemicals and toxins in commercial tobacco smoke:

### Chemicals and toxins in commercial tobacco smoke

 <b>Benzene</b> Found in gasoline	 <b>Toluene</b> Used in paint thinners
 <b>Butane</b> Used in lighter fluid	 <b>Cadmium</b> Used in making batteries
 <b>Ammonia</b> Used in household cleaner	 <b>Hydrogen Cyanide</b> Used in chemical weapons

<https://www.cdc.gov/tobacco/secondhand-smoke/index.html>

**If you would like more information about the Smokefree San Dieguito project, please contact us at [smokefreesandieguito@gmail.com](mailto:smokefreesandieguito@gmail.com), visit our website at [www.sandieguitoalliance.org](http://www.sandieguitoalliance.org), and follow us on Instagram [@sandieguitoalliance](https://www.instagram.com/sandieguitoalliance).**

**Assistance with quitting tobacco is available for free and in multiple languages at [www.kickitca.org](http://www.kickitca.org).**