

Secondhand Smoke In Your Apartment

When you or your family members are around secondhand smoke, you are all inhaling harmful chemicals that can cause smoking-related illnesses and diseases. The only way to protect yourself and your loved ones is to completely avoid secondhand smoke.

Step 1: Document the Problem

- Keep a log of when and where in your unit you smell smoke.
- Keep track of all conversations, including conversations with neighbors that may be experiencing the same problem, and with management. If you approach the resident you believe may be smoking, be polite and document the conversation.
- If your family has experienced any illness you believe is due to secondhand smoke exposure, ask your healthcare provider to write a letter describing that secondhand smoke is causing your family to be ill.

Step 2: Talk with your Building Manager

- Write a letter or meet with your building manager or property owner to discuss this problem. Be positive and polite.
- Share dangers of secondhand smoke, benefits of having a smoke free building, and offer solutions to the problem.
- Visit SmokeFreeHomes.iowa.gov and share the [Property Manager's Guide](#) and the [Iowa Smoke Free Homes Registry](#) with your Property Manager.

Step 3: Work with an Outside Authority

- Contact Iowa Department of Public Health, Division of Tobacco Use Prevention and Control to be connected with local tobacco control staff that can provide further assistance for talking with property managers and implementing a smoke free policy.



Contact Us:

Iowa Department of Public Health
Division of Tobacco Use Prevention & Control
515-281-6225 SmokeFreeHomes.iowa.gov

