

# Laconia Housing Authority



*Smoke-Free*

**August 1, 2010**



## ***Laconia Housing Authority Smoke-Free Policy***

It is the policy of LHA to maintain a 100% smoke-free environment on all LHA properties. Promoting a safe & healthy environment for our tenants, employees, volunteers, and visitors is essential.

**Smoking is not allowed inside or outside the buildings on any LHA property.**

## ***Frequently Asked Questions***

### ***Why is LHA Smoke-Free?***

**“Cigarette smoking is the chief single avoidable cause of death in our society and the most important public health issue of our time.”** *C. Everett Koop, MD, U.S. Surgeon General 1981-1989*

Tobacco affects those who use it and those around them.

Smoke, chew, and cigarette butts are harmful to our environment.

Secondhand smoke is a major cause of lung cancer and heart disease in non-smokers.

If you smoke, it takes longer to heal after an operation and recover from illness.

Secondhand smoke and the odor of smoke on clothing triggers wheezing and allergic reactions in others who have allergies, asthma, or other lung diseases.

By becoming Smoke-Free, we hope to educate people on the health risks connected with smoking.

### ***Who does this policy apply to?***

Everyone who enters any LHA property. This includes all tenants, visitors, employees, volunteers and contractors.

### ***What areas are included?***

All LHA facilities, buildings, and grounds.

LHA parking lots and driveways.

### ***What if I smoke?***

This policy is not an anti-smoker policy. Our policy is to eliminate smoking from LHA properties. Our goal is to help those who are trying to quit and to remove the potential for exposure to secondhand smoke on LHA properties.

***Tobacco Treatment Resources Questions?***

**Contact: 603-835-8647 [www.breathenh.org](http://www.breathenh.org)**

***LHA is Smoke-Free because we care about your health!***

