

PUBLIC HEALTH CONNECTION



The Air You Breathe at Home

Smokefree Multi-Unit Housing

Looking for smokefree housing is the trend across the nation. Many multi-unit housing managers are adopting smokefree policies as a good business decision. It lowers maintenance and renovation time and costs, and may reduce insurance rates because it reduces the risk of fire. Smoke from a neighboring apartment can travel through ventilation systems, pipes, walls, open windows and doors. It can even seep in through electrical sockets and tiny cracks in plaster and dry-wall. Not allowing smoking in indoor spaces is the only way to completely prevent exposure to secondhand smoke. According to the Surgeon General, there is no safe level of exposure to secondhand smoke. Breathing in even a little secondhand smoke can be dangerous. It is up to you to protect yourself and your family from secondhand smoke.

HUD Housing Rule

The U.S. Department of Housing and Urban Development (HUD) issued a smokefree rule that requires Public Housing Agencies (PHA) to implement a smokefree policy for all of their public housing units in order to protect the health and safety of residents, and to reduce costs and fire risk. PHAs have until August 2018 to implement their policies, which will prohibit smoking within 25 feet of doors and on attached balconies and patios. There are many resources available to PHAs and managers to assist with the transition, by visiting the web at www.no-smoke.org/goingsmokefree.php. As a resident, it is your duty to inform all guests and visitors of the policy or report any violations you see to the manager. Reporting a violation helps to protect everyone's safety.



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy
community.



SPECIAL EVENTS

- *Scott County Health Department will be closed Monday, January 1, 2018 in observance of New Year's Day and Monday, January 15, 2018 in observation of Martin Luther King Jr. Day.*
- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, January 18, 2018.*

Links

- Support for policies or to get involved In tobacco prevention and control:
<https://www.scottcountyiowa.com/tfaq>
- Find smoke-free housing at this site:
<https://smokefreehomes.iowa.gov/>
- Local cessation support:
<http://www.genesishealth.com/care-treatment/cancer/resources/smoking/>

New Year-Renew Your Resolution to Quit

Countdown to Quitting

Making a New Year's resolution to quit tobacco is one of the best things you can do for yourself and your loved ones. By creating a quit plan, developing your reasons to quit, knowing your triggers and getting support, you are strengthening your chances of being successful. For local resources contact health@scottcountyiowa.com.

Approach to Quitting

Research shows that people who have a complete plan succeed 10 times more than those who don't. The FDA has approved seven medications to help manage withdrawals, seek help to determine which one is right for you, then you can focus on changing your behaviors. You can find a quit coach at Quitline Iowa. The service is free and they will tailor a quit plan based on your individual needs. Call Quitline Iowa at 800-784-8669 or visit Quitline Iowa at <https://iowa.quitlogix.org/>.

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