



Ledyard Housing Authority

3/17/23

The LHA Board voted on March 6th to go smoke free on the property beginning August 1, 2023.

Effective August 1, 2023 all buildings, administrative offices and grounds of the Ledyard Housing Authority will be smoke free. Smoking is prohibited in all apartments, including any associated decks or patios, apartment entryways including, but not limited to: bedroom, hallway, kitchens bathroom, and in the common areas of the Housing Authority buildings including but not limited to: community room, community bathroom, lobby, laundry room, office, maintenance room, shed and gazebo.

Smoking is prohibited anywhere on the grounds, entryways, patios, and yards or on the grounds adjoining housing and office buildings effective August 1, 2023.

Non smoking will include tobacco cigarettes, smoking of marijuana, vaping, pipes, cigars and chewing tobacco.

For the first lease violation of the Smoke-Free Housing Policy, a tenant will receive a Lease Violation and Notice to Cure Violation. For the second violation of the Smoke-Free Housing Policy, the tenant will receive a Lease Violation and Notice to Cure Violation and \$100.00 fine. For the third violation the tenant will receive a Lease Violation and Notice to Cure Violation and a \$250.00 fine and be subject to eviction. The fourth violation will be eviction. Additionally, staff will schedule an inspection with a third-party contractor to assess the apartment for damages from smoke odors and/or residue. The tenant will be liable to LHA for the costs of the estimate and the repairs to the apartment due to damage from smoke odors and/or residue. Further violations will make the tenant subject to eviction

Smoking Cessation

Stopping the use of tobacco products is one of the best things you can do for your health! All forms of tobacco are dangerous and have devastating health consequences.

Benefits of Quitting Smoking

According to the American Lung Association, when smokers quit, within twenty minutes of smoking that last cigarette the body begins a series of changes.

At 20 minutes after quitting:

- Blood pressure decreases
- Pulse rate drops
- Body temperature of hands and feet increases

At 8 hours:

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

At 24 hours:

- Chance of a heart attack decreases

At 48 hours:

- Nerve endings start re-growing
- Ability to smell and taste is enhanced

At 2 weeks to 3 months:

- Circulation improves
- Walking becomes easier
- Lung function increases

At 1 to 9 months:

- Coughing, sinus congestion, fatigue, shortness of breath decreases

At 1 year:

- Excess risk of coronary heart disease is decreased to half that of a smoker

At 5 years:

- From 5 to 15 years after quitting, stroke risk is reduced to that of people who have never smoked.

At 10 years:

- Risk of lung cancer drops to as little as one-half that of continuing smokers
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
- Risk of ulcer decreases

At 15 years:

- Risk of coronary heart disease is now similar to that of people who have never smoked
- Risk of death returns to nearly the level of people who have never smoked.



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Try the 5 D's to get through the tough times:

1. **Delay:** The craving will eventually go away.
2. **Deep breath:** Take a few calming deep breaths.
3. **Drink water:** It will flush out the chemicals.
4. **Do something else:** Find a new habit.
5. **Discuss:** Talk about your thoughts and feelings.

Make a list with describing why you want to quit. Refer back to this list when you're tempted. Reward yourself when you quit. Plan something special for yourself.

Anatomy of a Cigarette. Here are just a few chemicals in cigarettes: There are more than 4,000 substances found in cigarettes! Do you really want these chemicals poisoning your body???

CHEMICALS ADDED	FREQUENTLY FOUND IN
Carbon Monoxide, a poisonous gas	Car exhausts
Nicotine	Pesticide
Ammonia	Floor cleaner
Arsenic	White ant poison
Butane	Lighter fuel
Hydrogen Cyanide	Poison used in gas chambers
Toluene	Industrial solvent
DDT	Insecticide
Acetone	Paint Stripper
Cadmium	Car batteries
Methanol	Rocket fuel
Formaldehyde	Preservative for dead bodies
Hydrazine	Rocket fuel & jet engines
Vinyl Chloride	PVC pipes
Nitric Acid	Fertilizers, explosives, & dyes
Naphthalene	Moth balls



**CONNECTICUT
QUITLINE**
1-800-QUIT-NOW

Call the **CT Quitline at 1-800- QUIT-NOW** (800-784-8669) for help with quitting or **register online** at www.quitnow.net/connecticut

The **CT Quitline** is a telephone help line offered **free of charge** that provides cessation counseling, quitting information, answers to your questions, and support you need while quitting.

When you call, your call will be answered by one of our **Quit Coaches** who are professionally trained to help you quit tobacco.

Your Quit Coach and you will create a personalized **Quit Plan** for you to be most successful.

You will also receive **Quit Guides** that are full of helpful tips and information to keep you on track.

Worried about cravings? Your Quit Coach will help you decide if the nicotine patch, gum or other **medication** is best for you.

Your Quit Coach can also refer you to **local cessation programs** in your community.

CT Quitline open **7 days** a week **24 hours** a day. English, Spanish, & other language speaking coaches available.