

There is no safe level of [secondhand smoke](#) for you and your family. Secondhand smoke is produced from a number of sources, including cigarettes, cigars, pipes, [hookah](#), and [electronic smoking devices](#) (also known as e-cigarettes). Smoke can drift into your home from other places, even if you don't allow smoking in your home.

Since you own your home, it is best to contact your local tobacco control program to for help to educate you neighbors and local legislators on the benefits of adopting a smoke-free housing policy for your community.

## Here are some steps you can take to begin working towards a truly smoke-free home for you and your family:

**1. Discuss the issue with your neighbors who smoke.** The first step is to discuss the issue of secondhand smoke with your neighbors. Let your neighbor know how the smoking affects you and your family ask if they would be willing to smoke at a distance or location away from your home and that of other neighbors.

**2. Keep a journal of the secondhand smoke intrusions.** Writing it down will help you track the incidents and objectively discuss the problem. Should anyone challenge your complaint, you will have it all in writing and can refer to each incident, what you did/said, and what the response was.

**3. Research your city ordinance laws.** Do they mention not bothering neighbors with noise or other nuisance behaviors (smoking can be classified as a "nuisance" behavior in certain situations)?

**4. Minimize the smoke entering your home.** Try to "sniff out" where any smoke is getting in and repair any large leaks/cracks that can be sealed.

**5. Reach out to your local tobacco control program.** Your county's [local tobacco control program](#) can help support your efforts by providing [educational materials](#), technical support, and assistance in navigating your particular situation.

**6. Reach out to your local councilmember or board of supervisors representative.** Identify your local representative and schedule a time to meet with them to discuss your situation. Provide details on your scenario and educational materials on the benefits of a smoke-free housing policy for the community.

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Many homes, condominiums, or even rental properties can be a part of a Home Owner's Association (HOA). A HOA's purpose is to provide a common basis for preserving, maintaining and enhancing homes and property! You can work with your HOA to adopt and implement a smoke-free policy for their community!

Some apartments and properties might be subject to rent-control. If your home or property is rent-controlled, you can still work with your [local tobacco control program](#) to work towards a smoke-free policy for your community.