



International House

International House No Smoking Policy

I-House property is an entirely smoke-free facility

The history of smoking can be dated to as early as 5000 BC, and has been recorded in many different cultures across the world. Perception surrounding smoking has varied over time and from one place to another: holy and sinful, sophisticated and vulgar, a panacea and deadly health hazard. In the 20th century, smoking came to be viewed in a decidedly negative light, especially in Western countries. This is due to smoking tobacco being among the leading causes of many diseases such as lung cancer, heart attacks, COPD, erectile dysfunction, and birth defects. When a cigarette is lit, more than 7,000 chemicals are unleashed. These include chemicals found in paint thinners, pesticides and even chemical weapons.

Passive smoking is the inhalation of smoke, called second-hand smoke (SHS), or environmental tobacco smoke (ETS), by persons other than the intended "active" smoker. It occurs when tobacco smoke permeates any environment, causing its inhalation by people within that environment. Exposure to second-hand tobacco smoke causes disease, disability, and death. The health risks of second-hand smoke are a matter of scientific consensus. These risks have been a major motivation for smoke-free laws in workplaces and indoor public places, including restaurants, bars and night clubs as well as some open public spaces.

New York's Clean Indoor Air Act made all enclosed public places and workplaces, including restaurants and bars throughout the state 100% smoke free as of July 24, 2003.

All spaces within both International House South & North buildings are strict no smoking zones. This includes the outside spaces of the Abby O'Neill Patio, 9th Floor Terraces in I-House South, and the Green Terrace of I-House North.

You are permitted to smoke outside on both Claremont and Riverside Drive sidewalks as long as you are 25 feet or more from our buildings entrances.

Failure to comply with the No Smoking policy will be sanctioned as follows:

- 1. First Violation Offense - \$300.00 Penalty**
- 2. 2nd Violation Offense – Automatic Termination of Membership Privileges (This action does not require the review and approval by the disciplinary committee)**

The New York State Smokers' Quitline provides individualized coaching and a free starter kit for eligible smokers who are trying to stop smoking. You can get information, resources, and tools to help you, a friend, or a family member stop smoking from the City's NYC Quits website.

Quit Smoking Clinics throughout NYC provide supportive counseling and medication. Services are provided at little or no cost. Quit-smoking medications are covered for Medicaid enrollees, including Medicaid Managed Care, and Family Health Plus. Your doctor can write you a prescription for patches, gum, and other medications to help you quit. For more information, go to:

<http://www1.nyc.gov/nyc-resources/service/2300/quit-smoking-assistance>