

Thirdhand Smoke

If you have ever entered an empty room or a car still smelling of cigarette smoke, you have experienced thirdhand smoke.



What is Thirdhand Smoke?

- Particles in tobacco smoke that settle onto clothing, carpets, furniture, walls, drapes, surfaces, bedding, hair, and dust.
- The chemicals can stay on surfaces for days, weeks and in some cases, months.
- Thirdhand smoke chemicals can be found on clothing, skin, hair, carpets, walls, furniture, car seats and surfaces, toys, bedding, and curtains.

Why is it Dangerous?

- Nicotine and other toxins leftover from the smoke can be breathed in or swallowed. This can cause the same risk for health problems as secondhand smoke.
- Babies and children are at a higher risk for harm because they spend time on the floor where they crawl and put toys in their mouths.
- Babies and children have smaller lungs and breathe faster so more chemicals are able to get into their bodies causing higher levels of toxins.
- Studies show that childhood and infant smoke exposure is linked to asthma, SIDS, respiratory and ear infections, low birth weight and behavior/cognitive development problems.



How can you prevent thirdhand smoke?

- Smoke outside. Ask visitors to smoke outside.
- Make all homes, offices and buildings 100% smoke-free.
- Help people understand the impact of thirdhand smoke, especially on children's health.
- Kindly ask people not to smoke around children and pregnant women.
- If smoking has occurred in a room or car, clean air and surfaces with a disinfectant spray. Be a role model and quit smoking!