

Thirdhand Smoke: A Threat to Child Health

What is it?

Thirdhand smoke (THS) is the leftover residue that stays in a room or vehicle after a tobacco product has been used



THS contains nicotine and other chemicals. It can stick to walls, furniture, carpeting, dust, clothing, hair, toys, and other surfaces



THS can mix with other common indoor air-pollutants to create cancer-causing compounds



People are exposed to THS when they touch contaminated surfaces or breathe air in a room where smoking or vaping has occurred



THS is a danger to children



Everyone is vulnerable to THS, including



pregnant women



people with breathing or cardiovascular problems



the elderly



pets

The Facts:



There is no safe level of exposure to tobacco smoke



THS contains more than 250 chemicals



Children are exposed to THS when they crawl, put hands or toys in their mouth, or are held by adults



THS is present in homes and cars where people have smoked or vaped, even if you can't smell it



Tobacco smoke can stain walls and floors, and the smell can remain in dry wall, insulation, and other building materials



You can't prevent THS by smoking or vaping in another room, in front of an open window, or using a fan



Pets are also at risk because the chemicals from smoke stay in their fur or feathers

How to Protect against Thirdhand Smoke



Do not allow smoking or e-cigarette use in your home or car, even when children aren't present



Do not allow smoking or e-cigarette use near you, your children, or your pets

The only way to completely protect against thirdhand smoke is to quit smoking



Talk with your child's pediatrician about ways to keep your child safe from thirdhand smoke