



What is thirdhand smoke?

Thirdhand smoke is the residue of tobacco smoke that accumulates on surfaces, textiles, and people after smoking has occurred. It has cancer-causing toxins that remain on surfaces long after second-hand smoke clears. Thirdhand smoke attaches to almost all surfaces leaving a strong odor long after cigarette smoke has dissipated.

Who does it affect?

Thirdhand smoke affects everyone and can expose them to the same toxins found in tobacco smoke. Thirdhand smoke can especially harm small children that may be in the care of an adult who smokes. Even when a parent or caregiver steps outside to smoke, the toxins attach to their clothes, so that when small children are held they can breathe in these toxins.

How are you exposed?

Exposure to thirdhand smoke can occur anywhere a person has smoked. The toxins left behind can stay on unwashed surfaces for days, weeks, even months.

What can you do to protect yourself and your family?

- Make your home and car smoke-free.
- Ask others not to smoke in your home or around your children.
- Ask others to go outside while they smoke.

Quit for good.

Call 1-866-QUIT-YES

Ask the Quitline about a Courage to Quit® or Freedom From Smoking® class near you.

Visit www.quityes.org

Healthy HotSpot is an initiative led by the Cook County Department of Public Health that aims to build healthy places in suburban Cook County through community partnerships. For more information, visit healthyhotspot.org.

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