

# 5 Dangers of Thirdhand Smoke Exposure in the home

**Thirdhand Smoke** is the harmful residue that stays on surfaces for a long time after a cigarette has been put out. This residue can be inhaled or absorbed by skin and can cause cancer, even in non-smokers. Thirdhand smoke can also come from the vapor from JUULs and other e-cigarettes

## 1. Clothing

Thirdhand smoke can remain on clothing for a long time. Be sure to change your clothes each time after smoking/vaping before picking up your child

## 2. Blinds, curtains, walls, etc.

Hard and soft surfaces in the room will collect thirdhand smoke residue. This is the scent left in a room after smoking.

## 3. Baby's toys and bedding

Any toys or bedding in the room will also be coated in thirdhand smoke residue. Amounts of thirdhand smoke will build up over time.

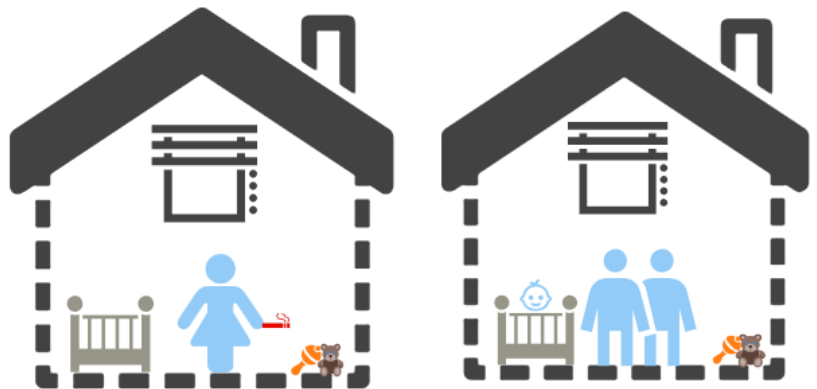
## 4. Infants and small children

Infants and small children often crawl on the floor and put everything in their mouth, so they are more likely to inhale thirdhand smoke residue.

## 5. Normal cleaning won't remove thirdhand smoke

Normal cleaning like vacuuming and "airing out" the room cannot get rid of thirdhand smoke. Use detergents to wash clothing, carpets, and all other surfaces.

Is it **safe** to smoke when the baby is not around?



**NO! Dangers remain** hours after smoking



Reference: "How Parents Can Prevent Exposure to Thirdhand Smoke." HealthyChildren.org, American Academy of Pediatrics, 24 Apr. 2017.

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