**WHAT IS THIRD HAND SMOKE?**

It is the lingering tobacco smoke residue that remains after a cigarette is put out.

Toxins layer every part of a person’s home including *furniture, dust, clothing, carpet, hair, skin, toys, walls and bedding*. The chemicals can last for days, weeks even months - long after a cigarette is put out.

*Infants and children* are at particular risk due to spending much of their time indoors, are at close contact with smoking adults and are near dust and objects.

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**Toxins in THS**

- **Hydrogen Cyanide** – Gas chamber poison
- **Lead** – Heavy metal
- **Carbon monoxide** – Car exhaust fumes
- **Toluene** – Found in paint thinners
- **Butane** – Lighter fluid
- **Polonium 210** – Highly radioactive carcinogen
- **Cadmium** – Used to make batteries
- **Arsenic** – Used in pesticides

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**WHAT CAN YOU DO?**

**QUIT SMOKING** – Contact TIPS to schedule appointment with a smoking cessation counselor for assistance with quitting.

**SMOKING BANS** – Implement strict smoking bans in the home and car. Smokers who are not ready to quit can reduce exposure but cannot fully protect others from THS. Quitting smoking is the only way to protect family, friends and pets.