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.

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

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.