

# Thirdhand Smoke

## The Hidden Dangers

Cigarette smoke leaves a toxic residue that lingers on many surfaces long after a cigarette is put out. It's called thirdhand smoke, and it presents a health risk to those who come in contact with it, particularly infants and children.

### Learn the Facts:

- Thirdhand smoke adheres to clothing, hair, skin, furniture, carpet, vehicles, and many other surfaces.<sup>1</sup>
- The chemicals in thirdhand smoke are carcinogenic and can be released back into the air we breathe.<sup>1,2</sup>
- Exposure to thirdhand smoke places infants and children at a greater risk for developing tobacco related health problems, including cancer.<sup>1</sup>
- Infants and children have a greater risk of exposure from being held and crawling on surfaces where thirdhand smoke residue is likely to remain.<sup>1</sup>
- Babies can ingest toxic tobacco residue by putting exposed hands and contaminated objects in their mouths, and by breathing toxic dust on the floor.<sup>1</sup>

## Tips for Protecting Your Family:

- Do not allow anyone to smoke near your child.
- Ask smokers to wash their hands and hair and change clothes before holding your baby.
- Do not smoke or allow others to smoke in your home or car.
- Opening a window does not protect your children from smoke. Louisiana law prohibits smoking or vaping in a motor vehicle when children under 13 are in the vehicle.
- Use a tobacco-free day care center.
- Do not take your child to homes or public places that allow smoking inside.
- Teach children to stay away from secondhand smoke.

## Ready to Quit Tobacco?

call **1-800-QUIT-NOW**  
text **READY to 200-400**  
visit **quitwithusla.org**



Scan this QR code with your smartphone camera to learn more.

<sup>1</sup>Dreyfuss JH. Thirdhand smoke identified as potent, enduring carcinogen. CA: A Cancer Journal for Clinicians. 2010;60:203.

<sup>2</sup>Sleiman M, et al. Formation of carcinogens indoors by surface-mediated reactions of nicotine with nitrous acid, leading to potential thirdhand smoke hazards. Proceedings of the National Academy of Sciences. 2010;107:6576.

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