

## What is Thirdhand Smoke?

Thirdhand smoke occurs when tobacco smoke leaves residual nicotine and other chemicals on indoor surfaces, skin, fur and furniture, even after the air has cleared.

### Who is exposed?

- Children have increased exposure to thirdhand smoke due to their tendency to mouth objects and touch affected surfaces.
- Thirdhand smoke can cause big health problems in pets. Our furry friends usually groom by licking their fur. If that fur is coated with smoke residue, they ingest carcinogens and toxins on top of the ones their lungs take in.

### Do You Know the 3 R's of Thirdhand Smoke?

Chemicals in tobacco smoke:

- **Remain** on surfaces and in dust.
- **Re-emit** back into the gas phase.
- **React** with other chemicals in the environment to make new chemicals.



### What are the facts?

People may not consider thirdhand smoke when they decide to smoke indoors, but the risk of exposure is real.

- Thirdhand smoke residue can remain for weeks, months or years.
- It contains more than 250 chemicals.
- There is no safe level of exposure of tobacco smoke.
- Smoking in front of an open window does not prevent thirdhand smoke exposure.

### How can the public be protected from thirdhand smoke?

Businesses, communities and individuals can take action to help prevent thirdhand smoke exposure.

- Do not allow smoking indoors.
- Help tobacco users quit through programs such as the American Lung Association's **Freedom From Smoking**® at [Lung.org/ffs](https://Lung.org/ffs).
- Implement smokefree policies that help enforce a smokefree environment.

