



# Third-hand Smoke

## What is "Third-hand Smoke"???

- Third-hand smoke is tobacco smoke contamination that remains after the cigarette has been extinguished.
- Third-hand smoke can remain indoors long after the smoking has stopped (similar to low-level lead exposure).

## Is third-hand smoke toxic???

- Third-hand smoke is toxic.
- Third-hand smoke residue contains carcinogens (cancer-causing agents) that cling to hair, clothing, cushions, and even carpeting.
- Third-hand smoke exposure cannot be eliminated in your office, home, or car with the use of air freshener, opening a window, using air-conditioning or a fan, or allowing smoking in some rooms/areas but not others.
- Third-hand smoke contains poisonous gases, chemicals, and metals including:
  - Hydrogen cyanide (chemical used in gas chambers), Carbon monoxide (car exhaust fumes), Butane (lighter fluid), Ammonia (toilet cleaner), Toluene (solvents), Arsenic (rat poison), Chromium (used to make steel), Cadmium (used to make batteries), and Polonium-210 (highly radioactive carcinogen).
  - Eleven of the compounds are classified as Group 1 carcinogens, which are the most dangerous carcinogens.

## Is third-hand smoke dangerous to children???

- Invisible tobacco toxins pose dangers to small children because they breathe near, crawl on, play on, chew on, and touch contaminated surfaces.
- Low levels of tobacco particulates have been associated with cognitive deficits among children, (the higher the exposure level, the lower the reading score).
- If you can smell tobacco smoke, you're breathing in toxins. The only way to fully protect your children, and nonsmoking adults in your family, is to make your home and car smoke-free.

