

# Thirdhand Tobacco Smoke

## Why are we concerned about exposure to thirdhand smoke?

You may have heard of secondhand smoke, which when non-smokers inhale smoke that is exhaled by smokers or from the burning end of a tobacco product. There is also a danger to thirdhand smoke exposure which is when the remaining nicotine and toxic chemicals from cigarette smoke stick to surfaces like clothes, hair, furniture, rugs, and walls. Children and pets spend much of their time on the floor and on furniture so they touch, play, and put things in their mouths where these toxins sit. Babies are especially at risk because they are often held by people who may have thirdhand smoke on their hands, hair, or clothes.



## How can I protect my children from thirdhand smoke?

- Do not smoke or let anyone else smoke in your home or car.
- Visit friends and family in a smoke free area.
- If someone does smoke, ask them to go outside and put on a designated jacket just for smoking. Remind them to wash their hands when done smoking.
- Make a plan to quit smoking and encourage others to quit too.

## Where can I get help for quitting tobacco?

Quitting smoking can be hard but it is one of the best ways you can protect you and your family. For FREE help with quitting call 1-800-QUIT NOW or visit [www.QuitNow.net/Virginia](http://www.QuitNow.net/Virginia) to receive expert counseling from a Quit Coach, a personalized quit plan, and self-help materials.

**For more information:** Call 1-800-QUIT NOW (1-800-784-8669). For Spanish, call 1-855-DEJELO-YA, and for the hard of hearing TTY: 1-800-332-8615.



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