



What is Thirdhand Smoke?

Have you ever thought a room or a person smelled like tobacco smoke, even though no one was smoking?

That smell is from thirdhand smoke. It is the toxic chemicals from cigarette smoke that stick to surfaces like clothes, hair, furniture, rugs, and walls. Thirdhand smoke can stay and accumulate on surfaces for days or weeks and is harmful to people.

Where is thirdhand smoke found?

- In homes—on rugs, clothes, curtains, furniture and bedding
- In cars—on seats, carpet, car seats, and toys or blankets inside the car
- On people—hair, clothing and skin

How does it harm people, especially children?

Tobacco toxins build up, especially in children's bodies.

- Children, babies, and pets spend more time on the floor where toxins collect.
- Babies are frequently held close to clothing, skin and hair.
- Babies breathe faster than adults, so they absorb toxin into their lungs more quickly.
- Children put their hands and their mouths on toxin-coated surfaces all day long.

How can I keep my kids safe from thirdhand smoke?

- Don't allow smoking in your home, car, or where children play.
- Don't let your children go to homes where people smoke. Visit friends and family in a smoke free area instead.
- Make a plan to quit smoking! Encourage loved ones to quit too.

QUIT. Do it for yourself. Do it for your children.

Call 1-800-QUIT NOW (1-855-DEJELO-YA)

or go online Quitnow.net/Virginia