

PROTECT YOUR FAMILY.

If you smoke:

- Think seriously about quitting. Call 1-800-QUIT-NOW (1-800-784-8669) or a local support group for help.
- Never smoke in your home or car, or where children play.
- Wear a shirt or jacket that you can leave outside after you smoke.
- Wash your hands right away.
- Bathe, wash clothes and clean carpets and drapes often.



If you don't smoke:

- Don't allow smoking in your home or car.
- Make sure childcare workers and babysitters are nonsmokers.
- If your relatives or friends smoke, ask them to wash their hands and put on smoke-free clothing before holding your baby.
- Try to keep your children out of the homes of smokers. Meet at a smoke-free place instead.

Have you ever walked into a room that smells like smoke but there is no smoker in sight?

You're smelling third-hand smoke – the toxins from tobacco that stay on surfaces like carpets and clothing and toys. Learn why it's harmful – especially to babies and young children – and how to protect them.



Georgeann Singletary
Tobacco Prevention Specialist

115 K D Revel Road
Wauchula, FL 33873

OFFICE: 883.773.4161 ext 135
FAX: 863.773.0976

Georgeann.Singletary@flhealth.gov

This pamphlet is not a substitute for medical care.
If you have questions or concerns, please talk with
a health care provider.

Written by Denise O'Connor.

Designed by Eva Bernstein. Illustrated by Fred Bell.
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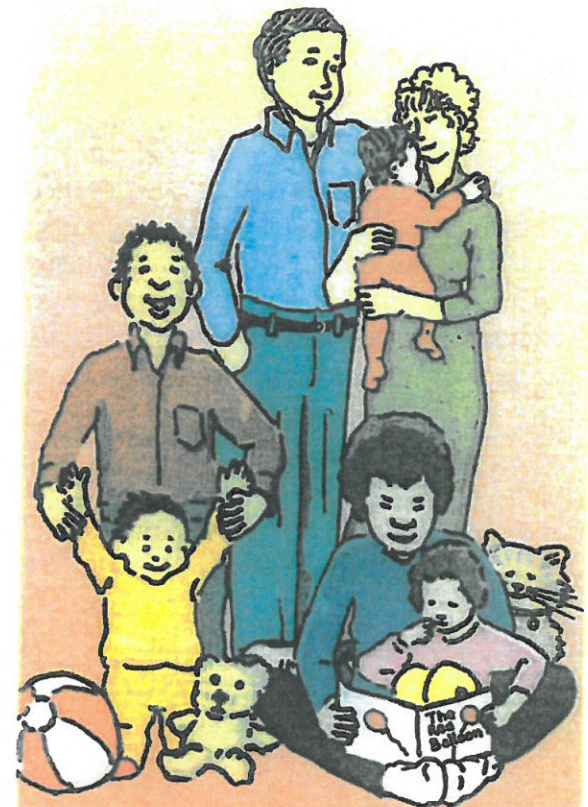
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DANGERS OF TOBACCO

Third-hand Smoke

What It Is and How It Hurts Your Family



PROTECT YOUR CHILDREN

Tobacco smoke is full of toxins. But did you know you don't have to smoke, or even be near a smoker, to be harmed by tobacco? The toxins from smoke can also be found on things you touch every day, long after a cigarette has been put out. It's called third-hand smoke.

What is third-hand smoke?

- ✓ Third-hand smoke refers to the toxins from cigarette smoke that stick to soft surfaces.
- ✓ Have you ever stood near someone who wasn't smoking but smelled like tobacco smoke? That smell is from third-hand smoke.

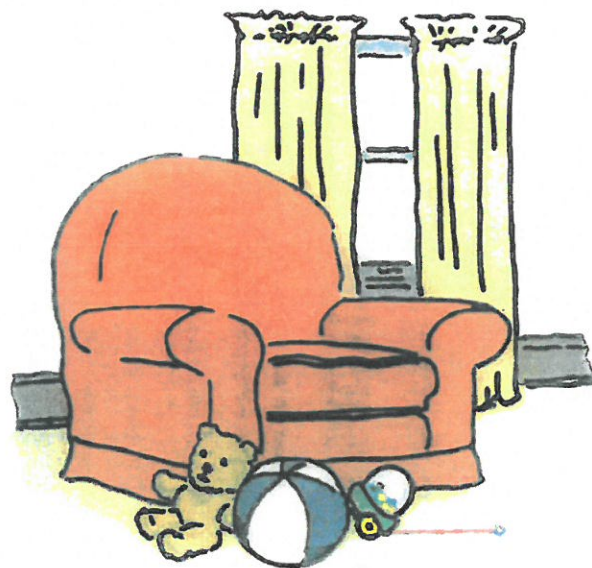


Is third-hand smoke harmful?

- ✓ Through third-hand smoke, people can be exposed to the same toxins found in tobacco smoke.

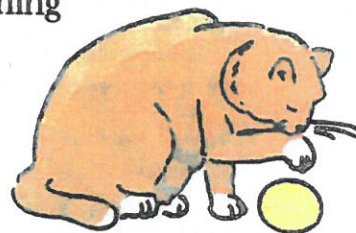
Where is third-hand smoke found?

- ✓ Third-hand smoke gets on clothes, hair, skin, carpets, baby blankets, furniture, toys, car seats, tiny bits of dust, and many other surfaces.
- ✓ Third-hand smoke can stay on unwashed surfaces for days, weeks, even months.



Third-hand smoke can harm children.

- ✓ Low levels of toxins can build up to dangerous levels in the body. This can cause learning problems for children.



Third-hand smoke can harm babies.

- ✓ Babies have tiny lungs and breathe rapidly, so more tobacco toxins get into their bodies.
- ✓ Babies spend time on floors and other surfaces that can have toxins from smoke. They put their hands and mouths on these surfaces all day long.
- ✓ If you have third-hand smoke on your clothes and then cuddle your baby, your baby can breathe in those toxins.

Third-hand smoke can hurt pets too.

- ✓ Toxins from smoke can land on the fur and feathers of your pets.
- ✓ When pets groom, they can get the tobacco toxins in their mouths.