

WHAT IS THIRDHAND* SMOKE?

* The invisible toxic chemicals that stick to surfaces after someone smokes or vapes.

WHY IS THIRDHAND SMOKE HARMFUL?



Slows healing from cuts and injuries



Makes breathing problems worse



Increases health risks for pets



Triggers asthma attacks



Makes it harder to stay healthy



Raises risk of cancer



Causes headaches



BABIES AND TODDLERS ARE MOST AT RISK

They touch surfaces that have thirdhand smoke and then put their hands and toys in their mouths.

WHERE IS THIRDHAND SMOKE?

Chemicals from thirdhand smoke **STAY ON SURFACES** and **DON'T GO AWAY OVER TIME** which puts children, loved ones, and pets at risk.

These chemicals can be **BREATHED IN, SWALLOWED, OR ABSORBED THROUGH SKIN.**



Furniture and carpets



Walls and curtains



Hair and skin



Clothing and bedding



HOW CAN I PROTECT MYSELF & LOVED ONES FROM THIRDHAND SMOKE?

YOU CAN LOWER YOUR RISK BY:

- * Asking people not to smoke or vape in your home or car
- * Cleaning surfaces with soap & water often
- * Washing curtains & blankets regularly
- * Cleaning carpets & floors regularly
- * Using air purifiers, where possible
- * Washing your hands & hair
- * Changing your clothes
- * Leaving your shoes outside

You can protect your loved ones from thirdhand smoke. Quitting smoking and vaping stops it from building up. You don't have to quit alone. **GET FREE HELP.**



MAINE
QUITLINK.COM
1-800-QUIT-NOW

LEARN MORE AND FIND SUPPORT AT
MaineQuitLink.com/Thirdhand-Smoke

