

# SECONDHAND SMOKE

is the tobacco smoke exhaled by a person smoking  
or from a burning tobacco product.



**Secondhand smoke** contains thousands of **chemicals**, at least 69 are known to cause **cancer**.



There is no safe level of **exposure** to secondhand smoke.



Brief exposure to secondhand smoke causes **health damage** that is known to cause illness and **cancer**.



Using ventilation systems, or opening a window, does not eliminate the **harmful effects** of secondhand smoke.



Children exposed to secondhand smoke are at higher risk for **health issues**.



Pets that breathe secondhand smoke are more likely to develop **cancer**.

**IF YOU SMOKE: Protect your family, friends, and coworkers by keeping your home and car smoke-free.**



Learn more and find support at [MaineQuitLink.com](https://MaineQuitLink.com)

# THIRDHAND SMOKE

is the tobacco smoke residue that remains after a tobacco product has been out out.



After smoke clears, **toxins linger**, which may leave an odor.



Thirdhand smoke **contains chemicals** known to cause **cancer**.



Smoke **residue sticks** to clothing, hair, and skin.



**Lingering toxins** resist normal household cleaning.



Thirdhand smoke **builds up** over time on carpets, walls, furniture, plastic toys, and stuffed animals.



Infants and children are **more exposed** to thirdhand smoke because they crawl on the floor and put things in their mouths.

**IF YOU SMOKE:** Protect your family, friends, and coworkers, wash your hands and hair, and change your clothes before coming in contact with others, especially infants and children.



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