

What is Thirdhand Smoke?

Have you ever smelled tobacco smoke in a room or on a person's clothes, even when no one was smoking? This is called **thirdhand smoke**.

Thirdhand smoke is the toxins that stick to surfaces after smoking has stopped.

Thirdhand smoke can be found on carpet, clothes, furniture, blankets, and many other surfaces.

Babies, children and pets are of particular concern for exposure to thirdhand smoke as they breathe or ingest toxins while they crawl on floors, sit on car seats, cuddle adults or play with toys where toxins may have built up over time.

Thirdhand smoke can't be eliminated by normal cleaning, airing out rooms, air conditioners, or confining smoking to only certain areas of a home. Decontaminating a home or vehicle that has been smoked in may require expensive professional cleaning to remove stains and smells.





Protect your whole family from thirdhand smoke! Quit smoking now!

Making your home and car smoke free is a great start, but it doesn't eliminate exposure to thirdhand smoke. Toxins still cling to a person's clothes, hair and skin even when they are smoking outside and away from others. Quitting smoking is the only way to prevent exposure to thirdhand smoke.

Quitline Iowa has expert, caring coaches and materials to help you live a tobacco-free life. Enroll now for free. Call 1.800.QUIT.NOW (1.800.784.8669) or visit www.quitlineiowa.org.



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