

Name: _____ Date: _____

What is Thirdhand Smoke?

Thirdhand smoke is the leftover chemicals that smoking leaves on surfaces. The lingering smell left on clothes, in cars, and homes is evidence of thirdhand smoke. Children can be exposed to dangerous chemicals left behind – even if no one smokes when your child is around. Even with cleaning, it may not be possible to remove all the chemicals once they are embedded in walls, flooring, and surfaces.

For infants and very young children, thirdhand smoke is especially dangerous. Small children put everything in their mouths and kick up dust as they crawl around on the floor, causing them to take in the chemicals in thirdhand smoke.



Where might your child be exposed to thirdhand smoke?

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Which of these steps can you take to minimize exposure to thirdhand smoke? Check any you are ready to commit to:

- Quit smoking
- Smoke in a jacket that is only used for smoking
- Don't allow smoking in my home
- Don't allow smoking in my car
- Only visit smoke free businesses
- Only ride in smoke free cars

Thirdhand Smoke



If you're ready to quit, call Quit Now Indiana at 1-800-QUIT-NOW (1-800-784-8669) or log on to equitnow.com for free, personalized support.