How to Clean Thirdhand Smoke

Thirdhand smoke can be greatly reduced when you smoke only outdoors and designate your home and car as smoke free zones. You can also limit thirdhand smoke by wearing a coat or oversized shirt over your clothes when you smoke, and then removing the shirt after smoking. You should always wash your hands immediately after smoking too. Keep in mind that removing the odor of smoke does not mean the chemicals are gone.



How to clean and minimize thirdhand smoke:

- Wash all surfaces, walls, and floors with a detergent made from 3 cups water, ½ cup baking soda, and 1 cup white vinegar
- Wash or replace all fabrics such as curtains, blankets, and pillows
- Vacuum and use a carpet cleaner on carpets and rugs
- Mop hard floors
- Repaint walls using a primer and at least 2 coats of paint
- Replace filters and clean ventilation ducts



What places in your car or home may have thirdhand smoke that need cleaned?

- •
- •
- •
- •
- •
- •
- •
- •

- •

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.