

Name: _____ Date: _____

Thirdhand Smoke and Children

Infants and young children are at the highest risk of exposure to thirdhand smoke. When infants crawl and play on the floor, they are breathing in and touching the chemicals leftover from smoking. Young children are more likely to put objects in their mouth, increasing exposure to chemicals. When children are held by adults that smoke, they are exposed to thirdhand smoke on the adult's clothes, skin, and hair.



Where is your child exposed to thirdhand smoke?

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Even if you stop smoking, your children may still be in the care of people who do smoke. You may need to educate these people on how to reduce thirdhand smoke exposure.

- Request they wear a jacket while smoking and tie their hair back while smoking
- Request they wash their hands after smoking
- Ask them to keep your children's belongings and car seat away from cigarette smoke
- If a caregiver smokes in the vehicle, ask that they remove your child's car seat when not in use



How can you eliminate exposure?

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Thirdhand Smoke



Breathe
Healthy Steps to
Living Tobacco Free

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.