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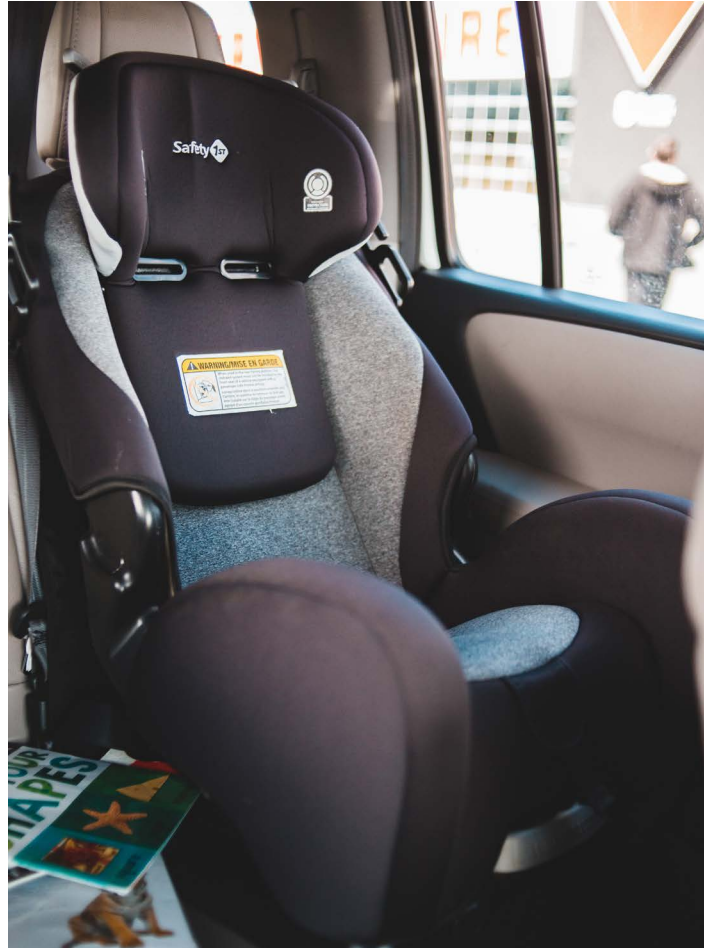
Smoking in the Car – Cleaning Thirdhand Smoke

Once you commit to having a smoke/vape free car, you will want to take time to clean the thirdhand smoke that is left. It is very difficult to remove all thirdhand smoke that is embedded in surfaces of a car, but cleaning does reduce the concentration of chemicals.

Cleaning your car:

- Throw away car ashtray
- Wash all surfaces with a detergent made from 3 cups of water, ½ cup of baking soda, and 1 cup of white vinegar
- Wash seat belts
- Vacuum and use a carpet cleaner on all fabric
- Clean or replace floor mats
- Children's car seats can be cleaned by washing all hard surfaces. Removeable fabric sections can be washed in the washer and dryer.

Thirdhand smoke is particularly dangerous to young children. Even after washing your car, there will still be chemicals left. You should only put the car seat in the car when it is needed. Storing the car seat somewhere without thirdhand smoke is the safest choice for your child.



Cleaning the thirdhand smoke from your car can feel like a big hurdle. Take time to write down why this step is an important part of living a smoke/vape free life.

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.