

Thirdhand Smoke/Vapor

What is thirdhand smoke/vapor?

Smoking/vaping can leave behind chemicals that stick to surfaces and can harm children: this is called thirdhand smoke/vapor.

The chemicals from smoking/vaping build up over time, making it very difficult to remove.

Ways to reduce exposure:

- Scrub down all surfaces including toys, tables, windows, and walls with a high-quality de-greasing, but non-toxic cleaner (such as Dawn or Simple Green). Note: do not use antibacterial cleaners or bleach. They do nothing to clear toxic chemicals.
- Wash all clothes, bedding, towels, rugs, and curtains thoroughly.
- Vacuum carpets thoroughly.
- Mop non-carpeted floors thoroughly.

How to protect your child:

- Do not allow anyone to smoke/vape in your home or car.
- If your child regularly rides in someone else's car, ask them not to smoke/vape in the car, even when your child isn't with them.
- Ask anyone who provides childcare for your child not to smoke/vape inside their house, even when children aren't there.
- If you smoke/vape, now is the time to quit! Talk to your doctor to learn how.