

Tips to limit third-hand smoke:

- Keep your home and vehicle smoke-free. Download or order a copy of our brochure *Smoke-free homes*.
- If family or friends smoke, ask them to take it outside.
- If you smoke and are not yet ready to quit, only smoke outside away from others. Wash your hands and face, and change clothes before handling infants and children.
- If moving into a condo or apartment building, ask about their policies to be sure it is smoke-free. If it is smoke-free, you will avoid exposure to second-hand smoke from neighbours and third-hand smoke from previous tenants.

If you have questions about quitting, please call **1-888-344-LUNG (5864)** to speak to a Certified Respiratory Educator or to order a copy of our workbook *Journey 2 Quit*.



To speak with a Certified Respiratory Educator, contact The Lung Association Lung Health Information Line:

1-888-344-LUNG (5864)

Download this and other resources at:

www.on.lung.ca

For more information on how to keep your home healthy, go to:

www.YourHealthyHome.ca

The content of this guide is based on current available evidence and has been reviewed by medical experts in collaboration with CAMH/TEACH. It is provided for information purposes only. The views set out in this guide are those of the authors and do not necessarily reflect those of the Government of Ontario. The information is general in nature and is not intended to be a substitute for sound clinical judgment. Seek the advice and expertise of your health-care provider with any questions you may have about your health.

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THE  LUNG ASSOCIATION™

Third-Hand Smoke



**When you can't breathe,
nothing else matters.™**

What is third-hand smoke?

Third-hand smoke is made up of toxins that remain after the cigarette, cigar or pipe has been put out. It will combine with household dust and other particles, building up and becoming more toxic over time.

Third-hand smoke sticks to items such as:

- Carpeting
- Flooring
- Furniture
- Walls
- Clothing
- Toys
- Hair
- Skin
- Vehicle surfaces

Third-hand smoke can be invisible, but you may notice a smell of stale smoke in the air or yellow-brown residue on walls and furniture.



Is third-hand smoke different from second-hand smoke?



Second-hand smoke is a mix of chemicals produced by burning tobacco as well as the smoke exhaled by the person smoking. Just like primary smoking, second-hand smoke can cause disease and death.

Third-hand smoke lingers long after the cigarette has been put out. Toxins can remain in homes for months, long after people who smoked move out.

Third-hand smoke harms everyone.

People and pets can breathe in, swallow, and absorb these toxins through their skin.

Babies and young children are at higher risk of exposure because they:

- Breathe more quickly.
- Spend more time crawling and playing on the floor and furniture.
- Put their hands and toys into their mouths often.



Research shows that third-hand smoke may damage human cells, increase the risk of children becoming overactive, negatively affect the liver and lungs, and lead to heart disease and asthma.