

Fact Sheet: The Invisible Danger of Third-hand Smoke

Third-hand smoke?

Most people are familiar with first and second-hand smoke, but third-hand smoke, the contamination that lingers after a cigarette is extinguished is a less known danger.

Why worry?

- Invisible toxins can linger for hours up to days in porous everyday materials: fabrics, carpets, furniture and toys
- Third-hand smoke can become more toxic over time



Who's most at risk?

- Children have up to 20 times the exposure to third-hand smoke as adults
- Exposure to even low levels of smoke and residue can impact brain development
- 30% of US children live in a household with at least 1 smoker
- Infants and toddlers are closest to surfaces and more likely to put things in their mouths
- Tobacco toxin exposure may be a leading cause of SIDS

You can do this now:

- Make your house and car smoke-free zones
- Wait several minutes after finishing a cigarette before having contact with children

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