



# THIRD HAND SMOKE



Third-hand smoke means the residues and carcinogens that are left over on surfaces, clothing, drapes, furniture, etc, after being exposed to cigarette smoke. The term was invented to educate people on the dangerous toxins and carcinogens left over that can be dangerous to people that touch affected surfaces because they are invisible. Third-hand smoke can be described as particles and toxins left over in a room or on an object that has been exposed to smoke. Nicotine in its vapor form can adhere itself to these surfaces easily and will remain toxic over time. Often it is left over in a smoker's hair or clothes long after a cigarette has been extinguished. There are also other residual tobacco smoke pollutants that remain on surfaces and in dust, and are re-emitted back into the gas phase, and react with oxidants and other compounds to create secondary pollutants. Third-hand smoke constituents that have been identified so far are: 3-ethenylpyridine (3-EP), phenol, cresols, naphthalene, formaldehyde, and tobacco-specific nitrosamines. While smoking outside is better than smoking indoors nicotine residues will stick to a smoker's skin, hair, and clothing. Those residues come back inside with a smoker back inside and get spread everywhere.

Steps can be done however:

- Support smoking bans in your area. Some locations ban smoking in all public places, including bars.
- If you have kids, especially teenagers, make sure kids understand the dangers that go along with tobacco use. Giving kids information about the risks of smoking can help protect them from these dangers. Kids need a strong repeated message. Teaching kids about smoking isn't just a one time conversation, it's a regular message that you must establish and keep giving from childhood through the teenage years and beyond.
- Pediatricians can assist parents in preventing children's exposure to tobacco smoke by counseling about the dangers of smoke exposure, helping the parents or other family members quit smoking, and by providing support for community policy.



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