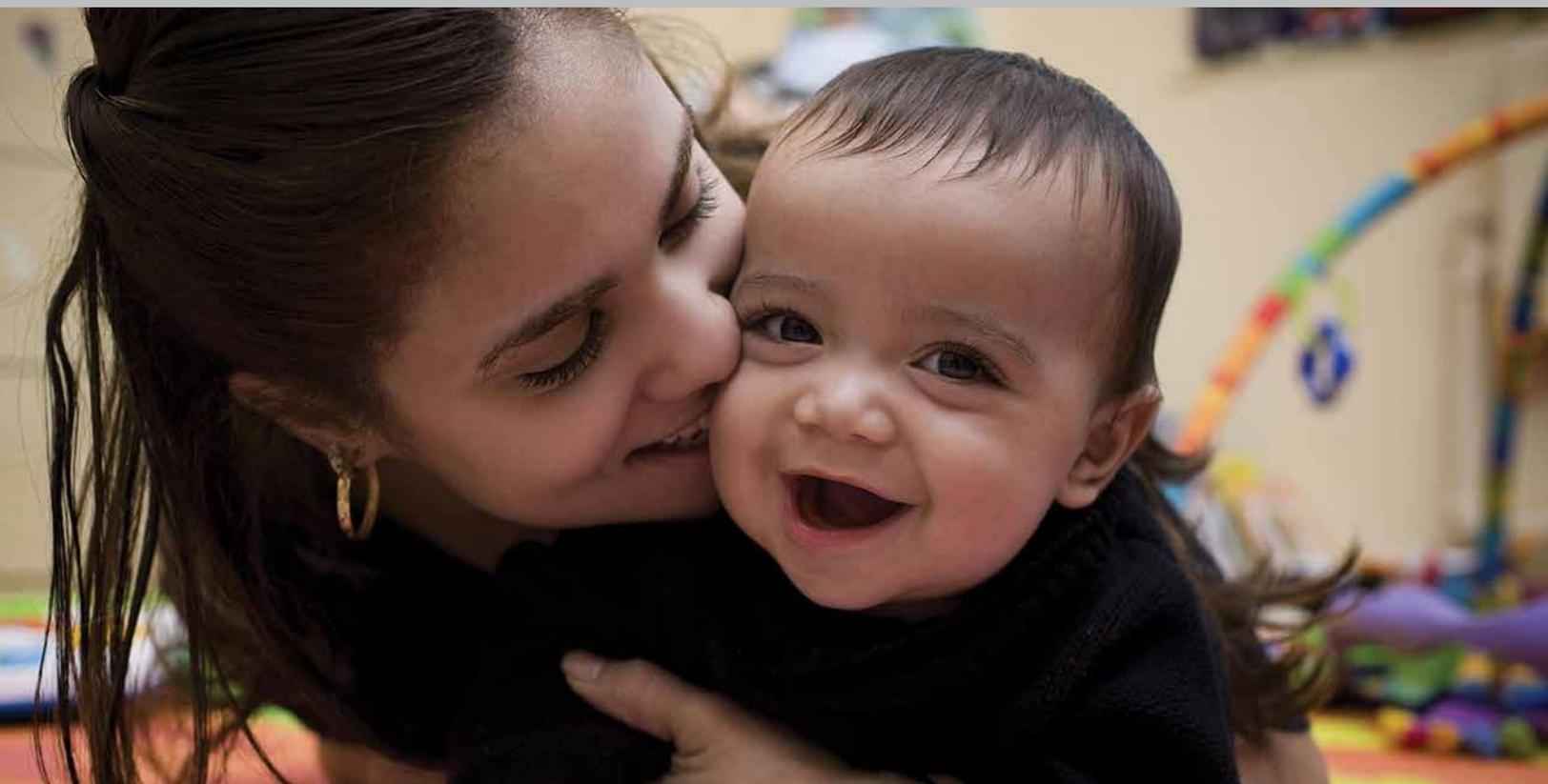


# THIRDHAND SMOKE: Another Reason to Quit.

1-800-QUIT-NOW



www.quitwithusla.org



## the HIDDEN DANGERS of THIRDHAND SMOKE

You've heard about the dangers of secondhand smoke, which is inhaled when you are in the presence of someone smoking. But did you know that cigarette smoke leaves a toxic residue that lingers on many surfaces long after a cigarette is extinguished? It's called **THIRDHAND SMOKE** and it presents a health risk to those who come in contact with it, particularly infants and children.<sup>1</sup>

### LEARN THE FACTS ABOUT THIRDHAND SMOKE:

- ▶ Thirdhand smoke adheres to clothing, hair, skin, furniture, carpet, vehicles, and many other surfaces.<sup>1</sup>
- ▶ The chemicals in thirdhand smoke are carcinogenic and can be released back into the air we breathe.<sup>1,2</sup>
- ▶ Exposure to thirdhand smoke, as well as secondhand smoke, places infants and children at a greater risk for developing tobacco related health problems, including cancer.<sup>1</sup>
- ▶ Infants and children have a greater risk of exposure from being held and crawling on surfaces where thirdhand smoke residue is likely to remain.<sup>1</sup>
- ▶ Babies can ingest toxic tobacco residue by putting exposed hands and contaminated objects in their mouths, and by breathing toxic dust on the floor.<sup>1</sup>

### READY TO GET STARTED?

Call the Louisiana Tobacco Quitline at  
**1-800-QUIT-NOW**  
and visit [www.QuitWithUsLA.org](http://www.QuitWithUsLA.org)

### TIPS FOR PROTECTING YOUR FAMILY:

- ▶ Do not allow anyone to smoke near your child.
- ▶ Ask smokers to wash their hands and hair and change clothes before holding your baby.
- ▶ Do not smoke or allow others to smoke in your home or car. Opening a window does not protect your children from smoke. **Louisiana ACT 838 prohibits smoking in a motor vehicle when children under 13 are in the vehicle.**
- ▶ Use a tobacco-free day care center.
- ▶ Do not take your child to homes or public places that allow smoking inside.
- ▶ Teach children to stay away from secondhand smoke.

#### References

1. Dreyfuss JH. Thirdhand smoke identified as potent, enduring carcinogen. CA: A Cancer Journal for Clinicians. 2010;60:203.
2. Sleiman M, et al. Formation of carcinogens indoors by surface-mediated reactions of nicotine with nitrous acid, leading to potential thirdhand smoke hazards. Proceedings of the National Academy of Sciences. 2010;107:6576.

#### SMOKING CESSATION TRUST SERVICES

The Smoking Cessation Trust Management Services (SCTMS) can arrange for you to receive cessation assistance; including group cessation counseling, telephone quitline support, and nicotine replacement therapy medications. If you are currently a Louisiana resident, started smoking cigarettes prior to September 1, 1988, and want to quit, you can apply for Scott Class membership at [www.smokefreela.org](http://www.smokefreela.org).