

## Reducing Childhood Exposure to Third hand Smoke

Tobacco smoke is full of toxins but you do not have to smoke or be close to someone who is smoking to be affected. **Third hand smoke** refers to the toxins that “stick” to the soft surfaces in a home, car, office or clothing. It is found in carpets, baby blankets, car seats and furniture and can last for weeks if items are not washed properly.

Low levels of toxins can build up to dangerous levels which in a child can cause many physical and developmental problems. Babies and children breathe faster, taking in toxins at a higher rate than adults. They also spend significant time on the floor with their faces closer to the carpet and put objects into their mouths, which increased toxin exposure.

Here is how to reduce their exposure:

- No one should smoke in your home or car—even if children are not present.
- Have anyone who smokes and has contact with your children wash their hands more often and thoroughly after smoking.
- If women have long hair, ask them to tie their hair back while smoking to minimize third hand smoke in their hair.
- Wash surfaces often if someone has smoked in that area.
- If friends or relatives smoke, offer to meet them in a smoke free environment.