

The Invisible Danger known as *Third Hand Smoke*

What is Third Hand Smoke?



It is the smoke that settles on indoor surfaces. It occurs when tobacco smoke leaves residual nicotine and other chemicals on those surfaces. This makes it practically invisible.

It can even stick to those who smoke or those impacted by second hand smoke, and be carried into public areas.

Areas Included...

Furniture, walls, drapes, carpeting, clothing, and other surfaces after someone has smoked in that area.



Why should YOU Care?

- The chemicals in thirdhand smoke include *formaldehyde* and *naphtalene*, which are cancer causing substances.
- Long-term exposure to thirdhand smoke pollutants has been shown to damage human cells and DNA and may be associated with asthma and cancer.
- People can also be exposed to thirdhand smoke by simply touching contaminated surfaces, with harmful chemicals being absorbed into the skin.

What can you do?

- To protect yourself in your home, one can wash, wipe, and scrub surfaces regular with vinegar and alkaline solutions.
- Vacuuming frequently with a HEPA (high-efficiency particulate air) filter, is critical as well.
- Certains items that cannot be washed that frequently, such as mattresses, should be replaced if possible.
- If one truly wishes to help, they can help advocate for smoke-free housing policies in your city, especially in multi-unit housing, where individuals are more vulnerable.
- Encourage others to adopt no-smoking rules in shared spaces



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Bulldogs Involved in Tobacco
Endgame Research

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El Peligro Invisible que es *Humo de Tercera Mano*

Que es el Humo de Tercera Mano?

El humo de tercera mano es el humo que se mantenga en superficies interiores. Ocurre cuando el humo de tabaco deja nicotina residual y otros químicos en esas superficies interiores. Es básicamente invisible.

Se puede pegar a quienes fuman o quienes son afectados del humo de segunda mano y los pueden traer a lugares públicos.



Lugares Afectados

Muebles, paredes, cortinas, alfombras, ropa y otras superficies después de que alguien haya fumado en esa área.



¿Por qué Debería Importarte a ti?

- Los químicos en el humo de tercera mano incluyen formaldehído y naftaleno, químicos que causan cáncer.
- La exposición a largo plazo a humo de tercera mano ha demostrado causar daño a células humanas y ADN. También está relacionado con el asma.
- Las personas también se pueden exponer a humo de tercera mano cuando tocan lugares contaminados, los químicos dañinos pueden ser absorbidos por medio del contacto con la piel.

¿Que Puedes Hacer?

- Para protegerte a ti mismo, uno puede lavar y limpiar las superficies regularmente con vinagre y soluciones alcalinas.
- Puedes pasar con la aspiradora frecuentemente con un filtro de HEPA (filtro de aire de partículas de alta eficiencia).
- Ciertas cosas que no pueden ser lavadas frecuentemente, como los colchones, deben ser reemplazados si es posible.
- Si uno desea ayudar, puede ayudar a defender políticas para vivienda libre de humo en su ciudad, especialmente para las viviendas de unidades múltiples. Allí las personas están más vulnerables.
- Puede animar a otros a adoptar normas de no fumar en espacios compartidos.



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