

How does it happen?

There are many things to keep in mind when it comes to thirdhand smoke.

Make sure you're armed with the facts:

FACT

Residue from smoke remain on surfaces in your home for weeks to months

FACT

Babies and toddlers are especially impacted, because of their tendency to put objects on or near their mouths

FACT

Thirdhand smoke contains more than 250 chemicals that aren't meant for human consumption or exposure

FACT

Smoking near an open window does **not** prevent thirdhand smoke exposure to others

FACT

Pet fur can carry thirdhand smoke, exposing both your household animals **and** those who pet and interact with them

It's time to quit.

Think of the people in your life who **don't** choose to smoke. Quit for them. Don't let your habit have a lasting impact on the people you care about most.

Thirdhand smoke can lead to:

- *Slowed Childhood Development*
- *Asthma & Other Lung Problems*
- *Learning & Behavior Issues*
- *Higher Risk of Cancer*

Set the example. Keep thirdhand smoke out of your home.

The South Dakota QuitLine can help.

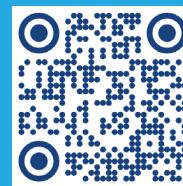
Let's get you quit.

Find out your options for quit assistance with the **South Dakota QuitLine** — one-on-one coaching, nicotine replacement therapy, weekly phone calls, a comprehensive quit guide ... whatever fits your needs.

VISIT SDQuitLine.com

CALL 1-866-SD-QUITS (1-866-737-8487)

SOUTH DAKOTA
QUIT
LINE



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IT GOES WHERE YOU

GO



How thirdhand smoke sticks with you and endangers others

Secondhand smoke isn't the only thing impacting those around you when you smoke — thirdhand smoke has an invisible impact on family members, friends and strangers alike.

Find out the effects of thirdhand smoke.

SOUTH DAKOTA
QUIT LINE

What's the difference between **firsthand**, **secondhand** and **thirdhand** smoke?



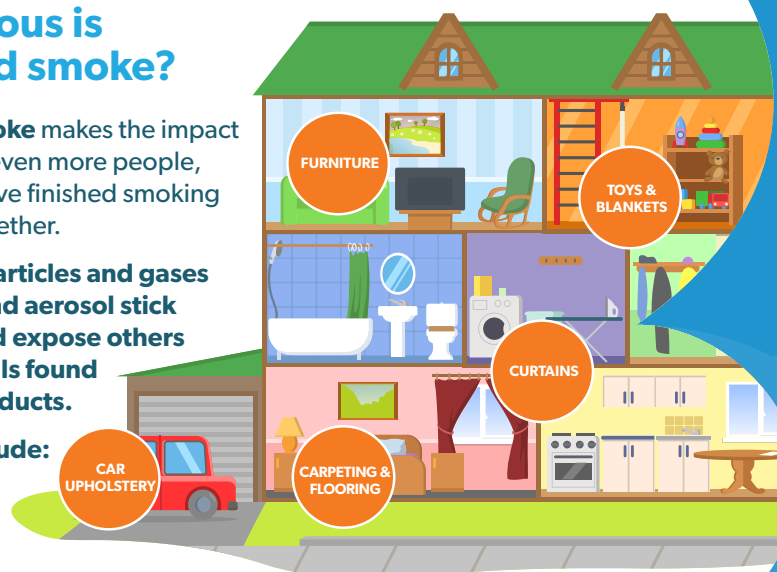
You've maybe heard the terms **firsthand smoke**, **secondhand smoke** and **thirdhand smoke**, but do you know exactly what they mean?

How serious is **thirdhand** smoke?

Thirdhand smoke makes the impact of using affect even more people, even once you've finished smoking or vaping altogether.

This is when particles and gases from smoke and aerosol stick to surfaces and expose others to the chemicals found in tobacco products.

This could include:



For instance...

A smoker or vape user with kids lights up in the living room while the kids are at school, hoping to protect them from direct, secondhand smoke. But when the kids return, they sit on the couch, they grab the remote, they pull back the curtains... all surfaces that have been exposed to the harmful chemical residue from cigarette smoke or e-cigarette aerosol. Now they, too, have come in contact with invisible substances that contain:

- **Heavy Metals**
- **Carcinogens**
- **Cancer-Causing Chemicals**

Who's really affected?

The tricky part about thirdhand smoke is that it can affect people even after you've snuffed out a cigarette, put away your vape or even left the area. The chemicals can **travel with you** on your clothes or hair, and they can expose your elderly relatives, vulnerable friends, young children and even pets to carcinogens.

What is it?

Smoke/aerosol you actively inhale when using cigarettes, cigars, vapes and more

Who is affected?

The person using the tobacco/nicotine product

There is no safe level of exposure to smoke or aerosol — including secondhand and thirdhand. Even those who do not smoke are at a higher risk of health problems.

What is it?

Smoke/aerosol exhaled into the air by users or from the product and inhaled by others

Who is affected?

Everyone in the area near the user who breathes in the chemicals

What is it?

Residue from tobacco smoke that settles on surfaces, fabrics, furniture and more

Who is affected?

Anyone who touches the user or anything with leftover chemical residue