

THIRDHAND SMOKE

is the tobacco smoke residue that remains after a tobacco product has been put out.



After smoke clears, **toxins linger**, which may leave an odor.



Thirdhand smoke **contains chemicals** known to cause **cancer**.



Smoke **residue sticks** to clothing, hair and skin.



Lingering toxins resist normal household cleaning.



Thirdhand smoke **builds up** over time on carpets, walls, furniture, plastic toys and stuffed animals.



Infants and children are **more exposed** to thirdhand smoke because they crawl on the floor and put things in their mouths.

IF YOU SMOKE: Protect your family, friends and coworkers, wash your hands and hair and change your clothes before coming into contact with others, especially infants and children.

BREATHE EASY

REDUCING SMOKE EXPOSURE IN MAINE



MAINE
PREVENTION
SERVICES

Maine Center for Disease Control & Prevention
Department of Health and Human Services

Learn more at: BreatheEasyMaine.org