Is it true that thirdhand smoke can hurt my bird? 
And what about my fish?

Thirdhand smoke is the chemical residue left behind by secondhand smoke that lingers for months in dust, on household surfaces, and can become embedded in carpets, furniture, fabrics, and building materials.

Yes, thirdhand smoke can hurt your bird, and even your fish. Your bird, and your fish, spend all of their time indoors. If someone smokes tobacco in this environment or smoke intrudes from neighbors, thirdhand smoke can accumulate in the indoor environment you share with your bird and fish.

Just like humans, birds can be exposed to the particles and gasses of thirdhand smoke through breathing, eating, and touching the toxic residue left behind by tobacco smoke. Birds are sensitive to air pollution and they can develop breathing problems, such as allergies, pneumonia, and sinus irritation when they are exposed to air polluted by tobacco.

Birds can also eat thirdhand smoke residue. Birds like to “preen” themselves. If their feathers have been coated with thirdhand smoke, they will ingest it as they groom. If they perch on the clothes or skin of someone who has smoked, they can absorb thirdhand smoke through their feet or ingest it as they preen the person’s hair. Along with a host of health problems, birds exposed to tobacco smoke can develop feather plucking, a condition that is very difficult to treat.

Thirdhand smoke can also hurt your fish. Like secondhand smoke, thirdhand smoke contains nicotine, which is very toxic to fish. Because nicotine dissolves easily in water, it can end up in the tank where it will poison the fish. If exposed to nicotine, your fish may get muscle spasms, rigid fins, and lose their color. They may also die.

Sources


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