What is Thirdhand Smoke?

Firsthand Smoke
Inhaled by a smoker

Secondhand Smoke
Exhaled by a smoker or released from the end of a burning cigarette

Thirdhand Smoke
Toxic residue that sticks to surfaces and dust after the smoke clears
How Can I be Exposed to Thirdhand Smoke?

**Mouth**
People can swallow thirdhand smoke when they put fingers or objects that have been polluted with thirdhand smoke into their mouths.

**Lungs**
People can breathe thirdhand smoke into their lungs when particles and chemicals are in the air.

**Skin**
People can absorb thirdhand smoke when their skin comes in contact with surfaces that have been polluted with thirdhand smoke.

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Chemicals in Thirdhand Smoke Can:

- Increase Risk of Cancer
- Damage DNA
- Reduce Ability to Heal Injuries
- Lower Ability to Fight Infection
- Damage Cells
- Cause Earaches
- Trigger Asthma Attacks
- Worsen Respiratory Illness
- Increase Risk of Disease
- Cause Headaches

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What Products Contribute to Thirdhand Smoke?

- Cigarettes
- Cigars
- Vaping Nicotine
- Pipes
- Marijuana
- Bong (Water Pipes)
- Vaping THC
- Hookah (Shisa)

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