

THIRDHAND SMOKE Resource Center

DIY Individualized Sampling Test Kit

Have you experienced thirdhand smoke?

"We recently moved into a great rental home that had been newly renovated with fresh paint and new carpet, after sitting empty for several years. During the walk-through, we did not notice any unusual odor, but after moving in, we noticed a strong smell of stale tobacco and found out that the previous owner had been a smoker. Now we can smell tobacco on our clean clothes, in our suitcases, and just about everything else we own. We have started experiencing chest tightness, nasal pain, daily headaches, sore throats..."

If you have experienced thirdhand smoke in your home, car, or workplace, or you are experiencing it now, you might be interested in our Do-It-Yourself Project. Our test kits measure nicotine as a marker of the toxic chemical residue called thirdhand smoke. Our test kits include: wipes to collect surface samples (e.g., a wall), silicone wristbands to hang or wear to collect air samples, and materials to collect dust samples using a vacuum cleaner.

Here are the steps to participate:

- Contact the Resource Center at contact@thirdhandsmoke.org.
- A Research Assistant will schedule a phone or Zoom call with you to learn more about what you are experiencing, explain how the DIY Project works, and develop your sampling plan.
- Next, we will prepare your sampling kit and mail it to you with a prepaid return shipping label.
- We will review the instructions with you; you will collect the samples using the sample checklist and then ship them back to us.
- We will analyze your samples in our lab at San Diego State University and send you a report of the levels of nicotine in your home.

This testing service is available at no cost.

