

# 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](http://BreatheEasyMaine.org)