



# Are You Exposing Your Children to Thirdhand Smoke?

## What is Thirdhand Smoke?

This toxic chemical residue also sticks to cushions on couches and chairs, carpeting, curtains, blankets, stuffed toys, walls and every other surface in a house or car.

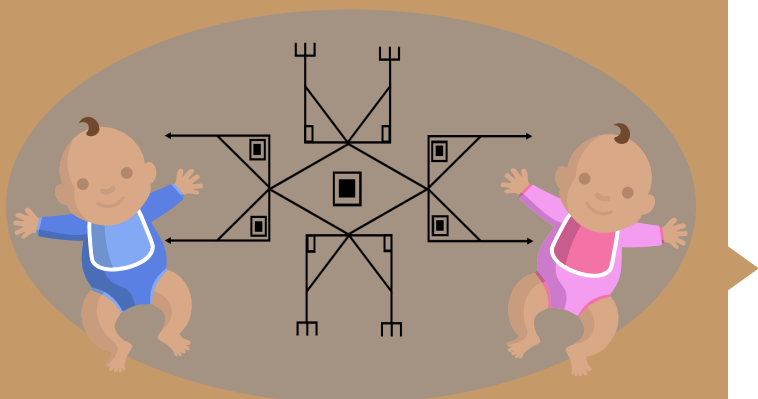


Thirdhand smoke is the invisible combination of PARTICLES and GASES that cling to a smoker's hair and clothing. The sticky chemical residue includes heavy metals, carcinogens, and other harmful chemicals that babies and young children can get on their hands and clothes.



The toxic mix of thirdhand smoke contains cancer-causing substances, posing a potential health hazard to nonsmokers who are exposed to it, especially children.

Fact: Tobacco use causes 20% of cancer deaths worldwide



## Why is it so DANGEROUS

to expose your children to smoky items?



Exposure can cause lung problems like wheezing and asthma or ear infections. Smoke exposure has also been linked to slower healing, learning and behavior problems in children.

## Why Should You Quit?

Quitting will save you:

**\$194**

That is approximately:

**776 diapers**



That is approximately 22 packs of diapers!!

South Dakota: 1-866-SDQUITS  
 North Dakota: 1-800-QUITNOW  
 Nebraska: 1-800-QUITNOW  
 Iowa: 1-800-QUITNOW

Sources: www.SDQuitLine.com  
 South Dakota Statistics provided by the South Dakota Department of Health  
 Formation of carcinogens indoors by surface-mediated reactions of nicotine with nitrous acid, leading to potential thirdhand smoke hazards Mohamad Sleimana, Lara A. Gundela, James F. Pankow, Peyton Jacob III, Brett C. Singera, and Hugo Destaillats, d.1 Indoor Environment Department, Lawrence Berkeley National Laboratory, 1 Cyclotron Road, MS 70-108B, Berkeley, CA 94720; b Department of Chemistry, Portland State University, Portland, OR 97201; c Departments of Medicine and Psychiatry, University of California San Francisco, CA 94143; and d School of Sustainable Engineering and the Built Environment, Arizona State University, Tempe, AZ 85287

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