

# SECONDHAND & THIRDHAND SMOKE

YOUR QUIT JOURNEY STARTS TODAY.



## What is secondhand smoke?

Secondhand smoke is blown out by smokers as well as smoke from the end of a burning cigarette or cigar. Even a little bit of secondhand smoke can hurt people around you. Smoking in a different room or opening a window does not help. Secondhand smoke can travel through vents, under doors and cracks in walls.

### If you smoke or vape:

- Do not smoke or vape in your home or your car - always go outside.
- Go far away from non-smokers and pets to have your cigarette or to vape.
- Use cigarettes or e-cigarettes only in public places that allow smoking.
- Wear a jacket to smoke or vape, and take that jacket off before holding small children.
- Wash your hands after smoking or vaping.
- If you are breastfeeding, it is recommended that you breastfeed before smoking or vaping. Follow same advice above for wearing a jacket outside, removing the jacket inside, and washing hands and face before holding your baby. Wait 90 minutes before breastfeeding again.
- Try to quit. Quitting is the best way to protect your family, friends and pets from secondhand and thirdhand smoke!



Reach out today, for all the help you need to stop smoking.

Call 1-800-Quit Now (1-800-784-8669)

Connect online at [QuitNowVirginia.org](https://www.QuitNowVirginia.org)

Text READY to 34191

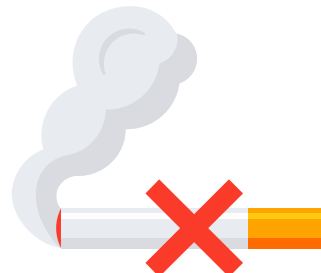
## What is thirdhand smoke?

Thirdhand smoke is a residue that comes from cigarette smoke. It sticks to your skin and clothes. If you smoke in your house or car it will also stick to floors, walls, furniture, and blankets. The residue has toxic chemicals that can cause cancer.

Babies and children crawling on the floor may put their hands in their mouths after touching a surface with thirdhand smoke. Pets can be harmed by thirdhand smoke when they clean their fur or feathers. Pets can also lick or lay on surfaces coated in thirdhand smoke.

## Does my smoking hurt people around me?

Yes. Secondhand smoke can cause strokes, heart disease, and lung cancer in adults who never smoked. If you are pregnant and you breathe secondhand smoke, the baby is more likely to have a low birth weight or other problems with their lungs. Children who breathe secondhand smoke have a higher risk of ear and lung infections and Sudden Infant Death Syndrome (SIDS).



**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH  
Tobacco Control Program

**Quit Now**  
Virginia