

THE  
FACTS

# Third-hand smoke



## What is third-hand smoke?

Third-hand smoke refers to **tobacco smoke that is absorbed into surfaces**, including walls, carpets, furniture, curtains, and in dust.

This absorbed smoke then reacts with other chemicals in the environment to create more harmful substances, including many known to cause cancer.

Third-hand smoke is **breathed in, swallowed or absorbed through skin**. It remains in the home for months and sometimes years after smoking, and **becomes more toxic over time**.

**To truly protect non-smokers from third-hand smoke you need to create a smoke-free environment**

## Health effects in children

For children, third-hand smoke may:

- ▶ Affect a child's developing brain, **increasing the chance of learning difficulties** later on in life
- ▶ Increase risk of **asthma, ear infections and other illnesses**
- ▶ Be a probable cause of **Sudden Infant Death Syndrome (SIDS)**

## Health effects in adults

For adults who have never smoked, third-hand smoke may increase the risk of smoking related illnesses, including:

- ▶ Cancer
- ▶ Heart disease
- ▶ Lung disease
- ▶ Stroke

## What you can do

You can protect yourself and your people from third-hand smoke by:

- ▶ **Quitting smoking** if you are not already a non-smoker
- ▶ Not allowing anyone to smoke **inside or outside your home**
- ▶ Not allowing anyone to smoke **in your car, even with the windows down**
- ▶ **Having a yarn with others** about the effects of third-hand smoke
- ▶ Remember that smoke on your clothing and on your breath after you have finished a cigarette, **can still end up in your house or car, even if no one smokes inside**

**Third-hand smoke harms us, our children, and our people.**

**Keen to butt out your boondah? Contact us to learn more about our support programs:**

**Email:** [tis@gph.org.au](mailto:tis@gph.org.au) | **Call:** [02] 6298 2900

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