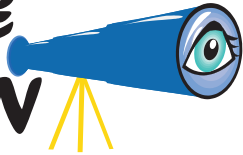


Tobacco Talk Today

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Third-hand Smoke

What is Third-Hand Smoke?

Test your knowledge! Take this tobacco quiz and learn some new facts!
Circle all TRUE answers.

1. Third-hand smoke is:
 - A. Not a joke
 - B. Especially harmful to the health of babies and children
 - C. Contains toxic particulate matter from tobacco smoke that builds up over time
2. Third-hand smoke:
 - A. Contains lead
 - B. Cannot be separated from secondhand smoke
 - C. Is not as harmful as secondhand smoke
3. Third-hand smoke:
 - A. Is present in the hair and clothing of people who smoke
 - B. Is really nothing to worry about
 - C. Is present on furniture and carpets even after a cigarette is extinguished
4. Third-hand smoke:
 - A. Is also harmful to pets
 - B. Is more dangerous for infants and children due to their size, and faster breathing rates
 - C. Exists even when smoking is not allowed inside the home



Answers on the back.

Third-hand smoke is the toxic particulate matter that lingers in cars, on furniture, and in the hair and clothes of people who smoke, and builds up over time. It is still a cause for concern even when people smoke outside. Babies and small children are especially susceptible to the toxins in third-hand smoke because they are smaller and have faster breathing rates, exposing them to higher concentrations of the contaminants.

Protect your children -
Make your home and car Smoke-Free



Break ^{the} Habit!



For additional information about quitting tobacco call the Nebraska Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669) or visit the Website: www.smokefree.gov.

Answer Key

1. A, B, and C
2. A and B
3. A and C
4. A, B, and C






Sources: CBS News article, January 6, 2009; Kid's Health article [Beliefs About the Health Effects of "Third-hand" smoke and Home Smoking Bans," Pediatrics, Jan. 2009; "Secondhand Smoke and Your Pet" (Tobacco Education Clearinghouse of California).


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DID YOU KNOW?

How Are Kids Exposed to the Toxins in Third-hand Smoke?

-  Babies and children are exposed to third-hand smoke even when parents smoke outside.
-  Babies can be exposed through breast milk.
-  Babies and small children can ingest the dangerous substances found in third-hand smoke by breathing it in, when crawling on the floor, putting their hands in their mouths, and when putting their mouths on objects that are contaminated.

Pets Are Affected, Too

-  A Colorado State University study showed that cancer causing chemicals can be found in the hair and urine of dogs months after exposure to tobacco smoke.



Tobacco Talk Today is a publication produced by the School-Community Tobacco Prevention Program. For more information, contact the Lincoln-Lancaster County Health Department at 441-6225.

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