

SMOKING THIRD HAND

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I do not feel that most people would hand their child a cigarette to smoke, which would be first hand smoke; and many people avoid smoking directly around their children, which is second hand smoke. Recently however, I have discovered there is also third hand smoke.



Photo: cigarettezoom.com

What is third hand smoke?

It is the residual nicotine and other chemicals left on indoor surfaces by tobacco smoke. This third hand smoke clings to hair, skin, clothes, furniture, drapes, walls, bedding, carpets, dust, vehicles and other surfaces, long after smoking has stopped.

Third hand smoke is resistant to normal cleaning. It cannot be eliminated by airing out a room or confining smoke to only certain areas of the home.

Who does third hand smoke affect?

Infants new lungs can be harmed by third hand smoke that is on the clothes, furniture, cars and other places where someone has smoke. This is of particular risk to an infant who was born prematurely.

This can also cause tobacco related health issues for children and nonsmoking adults.

We need to make our homes and car smoke free zones for our children.

Information from this article was obtained in part from the American Lung Association at www.lung.org and Mayo Clinic at www.mayoclinic.org.