

MAY 2020

QUIT BRIEF



WHAT IS THIRDHAND SMOKE?

Are Service members familiar with thirdhand smoke, the lingering nicotine and chemicals left on surfaces from smoking? These can include indoor surfaces like walls and carpets as well as clothes. A [new study](#) shows that thirdhand tobacco smoke (from traditional cigarettes) can be found in indoor, non-smoking environments if smoking was previously allowed there or people enter the space who smoke. Make sure Service members know what thirdhand smoke is and share the following points so they know how to stay safe.

- **Why might thirdhand smoke be dangerous?** When the nicotine in thirdhand smoke reacts with chemicals in the air, it forms compounds that can cause cancer.
- **Who is at risk of these effects?** Everyone, including non-smokers. Also, young children are at greater risk because they are more likely to put objects in their mouths and touch surfaces that are affected by thirdhand smoke.
- **Can the lingering thirdhand smoke be removed?** Sometimes. Airing out rooms (using fans or opening windows) is not enough. Thirdhand smoke cannot be removed from carpets, but fabrics and hard surfaces can be cleaned regularly (with acidic mixtures like vinegar) or laundered.
- **What can I do?** If you smoke, never smoke inside your house. Even if the clothes you wore while smoking don't smell, still wash them because they have smoke on them.

Additional research is needed to understand the full effects of thirdhand smoke. However, the safest way to protect yourself and others is to [quit smoking](#). Make sure Service members keep these facts about thirdhand smoke in mind if they are considering quitting smoking or are hanging out with buddies who smoke.

The Campaign



Once Service members decide to quit tobacco, they may not know what to do next. Look no further and provide them [with the steps](#) they can take during the 30-days leading up to their quit so that when their quit date comes, they can quit for good!

Are Service members using [smokeless tobacco](#) as a quick fix to get nicotine or to quit other forms of tobacco? Remind them that no tobacco product is safe, and that even smokeless tobacco can only be used at designated tobacco use areas.

One Last Thing

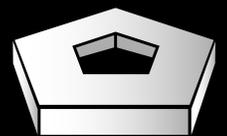
World No Tobacco Day is May 31 and aims to protect youth from tobacco and nicotine addiction by sharing the truth about tobacco's harmful effects. Take the opportunity to debunk [e-cigarette myths](#) and support Service members who want to [quit vaping](#).



YOU CAN QUIT²
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