

# Know the Facts

## THIRDHAND SMOKE



Thirdhand smoke is tobacco residue that can remain on surfaces for months after someone smokes a cigarette.



Thirdhand smoke can **STICK** to furniture, dust, hair, clothing, carpet, and more.

Children exposed to thirdhand smoke can get **TOBACCO RESIDUE** on their hands, then put it in their mouth.



**QUITTING SMOKING** is the only way to ensure that your child is not exposed to thirdhand smoke.

### HOW TO QUIT

Be Well Arkansas can help you quit. If you're thinking about quitting, our wellness counselors can help you. Call 833-283-WELL.



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## SECONDHAND SMOKE



Secondhand smoke increases the risk for stroke by over 25–30%.

**CAUSES SERIOUS HEALTH EFFECTS, LIKE**  
Lung Cancer + Heart Disease

**SHORT-TERM EXPOSURE**  
to secondhand smoke can cause a heart attack.



**ALMOST HALF** OF ALL CHILDREN IN THE U.S. ARE EXPOSED TO SECONDHAND SMOKE EVERY DAY.

IN THE U.S., SMOKING DURING PREGNANCY RESULTS IN **OVER 1,000** BABY DEATHS PER YEAR.

Secondhand smoke can cause health problems in babies and children:

**EAR INFECTIONS**

**ASTHMA ATTACKS**

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