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

Secondhand smoke can cause health problems in babies and children:
- **Ear Infections**
- **Asthma Attacks**

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 serious health effects, like:
- Lung Cancer
- Heart Disease

Short-term exposure to secondhand smoke can cause a heart attack.

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