

PROTECT YOUR
INFANT FROM

SECOND & THIRD-HAND SMOKE



Many parents know the dangers of second-hand smoke, but third-hand smoke also poses risks to infants. Second-hand smoke is **inhaled from exhaled smoke or from burning a tobacco or marijuana product.** Infants exposed face higher risks of:

- Sudden Infant Death Syndrome (SIDS)
- Respiratory infections
- Asthma
- Ear infections

Third-hand smoke refers to residual nicotine and other chemicals left on indoor surfaces by tobacco and marijuana smoke. This residue can react with common indoor pollutants to create toxic compounds, posing health risks when inhaled, ingested, or touched.

HOW DO YOU PROTECT YOUR BABY FROM MARIJUANA AND TOBACCO SMOKE?

- **Maintain a smoke-free home and car.** Do not allow smoking inside your home or vehicle.
- **Clean regularly.** Wash walls, upholstery, and carpets to reduce third-hand smoke residue.
- **Change clothes after smoking.** If you smoke, change into clean clothes before holding or caring for your baby.
- **Find support for quitting.** Seek resources to help quit smoking to protect your family's health.

LEARN MORE AT: [CDC.GOV/TOBACCO/SECONDHAND-SMOKE](https://www.cdc.gov/tobacco/secondhand-smoke)

Sponsored by the Shawnee County Kansas Alliance for Drug Endangered Children.