

STEP 1

Ventilate and mask the smell.

STEP 2

Wait 5 years for the particles to disappear from the living-room sofa.

THE THREE TYPES OF SMOKE

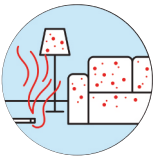
Tobacco smoke has an impact on both smokers and the people around them. There is no “safe” level of exposure to tobacco smoke. It has direct and/or indirect consequences, depending on its type:



First-hand smoke is inhaled directly by smokers. This is called active smoking.



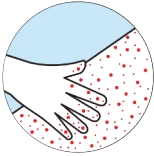
Second-hand smoke comes from the burning of tobacco products between each inhalation. This is in addition to the smoke exhaled by smokers. Involuntary inhalation of smoke in the atmosphere is responsible for passive smoking.



Third-hand smoke comes from the second-hand smoke deposited on various surfaces in the environment (hair, skin, furniture, textiles, dust, etc.). In addition, some smoke residues can interact with elements in the environment to form new, harmful compounds. The toxic elements of third-hand smoke remain even in ventilated areas and build up over time. They are found in smoking areas but also in environments where no-one has smoked for a long time. In fact, toxic residues can persist on certain surfaces for years, even if the smell of smoke has disappeared. The term ultra-passive smoking is sometimes used to describe the “silent” absorption of these toxins.

EXPOSURE TO THIRD-HAND SMOKE

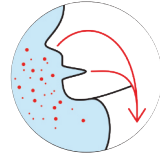
Third-hand smoke is just as dangerous as second-hand smoke. It impacts non-smoking children and adults, who are exposed to it involuntarily and without even realising it. There are three ways of being exposed to third-hand smoke:



through the skin, by touching surfaces exposed to it



by ingesting particles deposited on surfaces



by inhaling volatile compounds

HEALTH RISKS

Contact with third-hand smoke carries numerous health risks with serious consequences. Children are more vulnerable to this type of smoke. They absorb up to 20 times more toxic compounds than adults because of the delicate nature of their skin, more regular contact with contaminated surfaces and their tendency to put contaminated objects in their mouths. Among other things, third-hand smoke can cause:

In adults

An increase in the risks of liver disease, cancer, cardiovascular disease, fibroses, inflammatory lung diseases or delayed wound healing.

In children

An increase in the risks of developing asthma, allergies, ear, nose and throat infections, newborn colic and behavioural difficulties, such as hyperactivity.

Ventilation and masking the smell are not enough! Third-hand smoke is invisible. The toxic residues created by burning cigarettes build up over months or even years.

It's better to step outside to smoke in the fresh air to limit your loved ones' exposure to third-hand smoke.

Find out more: fumeetertiaire.ch

Stopping smoking:



Stop-tabac.ch



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