

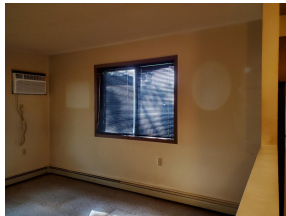
CLEAN AIR FOR ALL

THE SMOKE-FREE PUBLIC HOUSING PROJECT

November 26, 2019

The More You know: Thirdhand Smoke

The risks associated with secondhand smoke exposure are well known but what about thirdhand smoke? Thirdhand smoke is the leftover tobacco residue that remains in dust, the air, or on surfaces after smoking has occurred. Here are some examples:



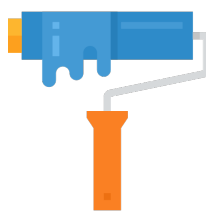
Toxic chemicals found in thirdhand smoke can be inhaled, ingested, or absorbed through the skin. Exposure to thirdhand smoke is linked to headaches, asthma attacks, and an increased risk for cancer, just to name a few.

With HUD's smoke-free public housing rule now in effect, PHAs will encounter fewer and fewer apartments that look like these. But decades of smoking in public housing has left some apartments in need of clean up.

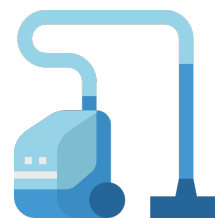
Tips for Cleaning a Smoke-Damaged Apartment



Wipe surfaces clean with diluted bleach or white vinegar. You may need to do this multiple times.



Coat walls with an atmosphere-purifying paint or stain and odor blocking primer.



Clean carpets to remove dust. Use a vacuum with a HEPA filter.

Want to learn more? Check out this [Thirdhand Smoke FAQ](#) or visit the [Thirdhand Smoke Resource Center](#).

Clean Air for All | 651-646-3005 | [E-mail](#) | [Website](#)

Clean Air for All: The Smoke-Free Public Housing Project is a collaboration of [Live Smoke Free](#) (LSF) a program of the Association for Nonsmokers - Minnesota and the [National Association of Housing and Redevelopment Officials](#) (NAHRO). This project is made possible with funding from the Robert Wood Johnson Foundation. Icons made by Monkik (www.flaticon.com)