



### Allergies and Asthma

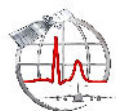
Brandon is smoking right in front of Timmy and Timmy is not having it!  
Read through their conversation to find out how Timmy and Brandon can work through this issue.



1N/A. (2022). What is thirdhand smoke, and why is it a concern? Mayo Clinic Adult Health. Retrieved from What is thirdhand smoke, and why is it a concern? - Mayo Clinic

2N/A. (2021). The Dangers of Thirdhand Smoke - Especially to Children and Those Who Don't Smoke. Cleveland Clinic HealthEssentials. Retrieved from The Dangers of Thirdhand Smoke - Cleveland Clinic

3N/A. (2022). How Can I Remove Thirdhand Smoke From My Home? Thirdhand Smoke Resource Center. Retrieved from How can I remove thirdhand smoke from my home? - Thirdhand Smoke Resource Center



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Check out the calendar on the other side to see what's going on this week.



Third-hand smoke can be difficult to clean up as it can stick to surfaces for months at a time. However, it is not impossible, it will just take some time, effort, and even money to do so.

Follow some of these tips to clear yourself and your environment of third-hand smoke:<sup>3</sup>

**Tip #1**

Frequently clean surfaces with alkaline and acidic cleaning solutions.

**Tip #3**

Polluted clothes can be washed, but the more heavily polluted they are, the more washing it will require to rid the clothes of harmful residue.

**Tip #5**

Sometimes the only option is to do a total replacement of the carpet, repaint the walls, or clean the ventilation system. This can all be very expensive, and it is best to take preventative measures as soon as possible.



**Tip #2**

Vacuuming using HEPA filters.

**Tip #4**

Homes can have many hidden places where third-hand smoke residue can hide. Make sure to clean HVAC ducts, painted walls, the underside of your table, inside cabinets, behind bookcases, mattresses, upholstery, and closets

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Send your questions to [usaf.ibsa.afmsa.mbx.afmra-hpo@mail.mil](mailto:usaf.ibsa.afmsa.mbx.afmra-hpo@mail.mil). For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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