

Spring into Summer with the *Breathe easy* at home program

AVOIDING SECOND-HAND SMOKE

The weather will be getting warmer for spring and summer! This means that smokers have more incentive to protect their children and loved ones from second-hand smoke. Tobacco smoke is not only an asthma trigger but children exposed to second-hand smoke are more likely to die from sudden infant death syndrome (SIDS) and have more health problems such as pneumonia, bronchitis, asthma and ear infections. Children living in households where adults smoke are hospitalized more than children living in smoke-free homes.

(www.takeitoutside.org). Here are some tips for smokers to decrease the likelihood of exposing their families to second-hand smoke.

Home

- Do not allow smoking anywhere in your home. Talk with your family about making your home smoke free.
- Tell family and friends the only place they may smoke is outside.
- Keep smoke at least 20 feet away from doors, windows and vents.
- Avoid bringing smoke inside the house by wearing a "smoking jacket" over clothes and leaving it outside.
- Remove all ashtrays from inside your home.
- Have gum or mints available for smokers.

Car

- Do not allow smoking in your vehicle.

Community

- If you have friends who smoke, enjoy their company in smoke-free places.

To find out about Boston's free nicotine replacement patch giveaway, call: **1-800-QUIT-NOW**

SPECIAL POINTS OF INTEREST

- The Effects of and Tips to Avoid Second-Hand Smoke
- Third-Hand Smoke
- Asthma Education Home Visits
- Asthma Awareness Month Events in Boston
- BEAH Reminders

WHAT IS THIRD-HAND SMOKE ?

Third-hand smoke is the smoke left behind- the harmful toxins that remain in places that people have smoked previously. Third hand smoke can be found in the walls of a bar, upholstery on the seats of someone who lets friends smoke in their car, or even in a child's hair after a caregiver smokes near them.

Facts about Third-hand Smoke

These facts are from the 'Beliefs about Health Effects of "Third-hand Smoke"' and 'Home Smoking Bans' article listed on http://www.aap.org/richmondcenter/Thirdhand_Smoke.html

- 43.3% of smokers (65.2% non-smokers) believe that third-hand smoke causes harm to children.
- 84.1% of smokers (95.4% non-smokers) believe that secondhand smoke harms children's health.
- The 2006 Surgeon General's report on involuntary exposure to tobacco tells us that there is no "safe" level of exposure to tobacco smoke.
- Children exposed to smoke are at increased risk for multiple serious health effects including asthma, respiratory infections, decreased lung growth, and sudden infant death syndrome.
- 88.4% of non-smokers (26.7% smokers) have strict rules that prohibit smoking inside their home.



ASTHMA EDUCATION HOME VISITS

“Did you know that the Boston Public Health Commission offers a free home visiting service that complements Breathe Easy at Home?”

Did you know that the Boston Public Health Commission offers a free home visiting service that complements Breathe Easy at Home? Visits from our Healthy Homes educator encompass the basics of asthma and asthma medication, a visual inspection of the home to identify asthma triggers, and free cleaning and pest management supplies when indicated as well as allergy-blocking bed covers and HEPA-filtered vacuum

cleaners. The program serves Boston residents with asthma, focusing on low income and racial, ethnic, and linguistic minorities disproportionately affected by asthma. As part of a larger Home Visiting Collaborative, Healthy Homes also has cross-agency language capacity including Haitian Creole, Spanish, Chinese and translators available through the City of Boston's Office of New Bostonians.

The goals of Healthy Homes

are to promote integrated pest management practices for pest elimination, the reduction of pesticide exposure, to promote safe cleaning by eliminating strong odors and chemical fumes, to promote injury prevention and to promote low cost intervention supplies.

For more information about visits and how to make a referral, please call our Healthy Homes Asthma Educator, Nathalie Bazil at 617-534-2817.

MAY IS ASTHMA & ALLERGY AWARENESS MONTH!

To celebrate, why not brush up on your knowledge of asthma?

Christopher Fanta, M.D. (of Partners Asthma Center) and Jacqueline Rodriguez-Louis, MPH, M.Ed. (of the Community Asthma Program at Brigham and Women's Hospital) will host an annual half day course, "Learn and Teach the Asthma Basics." This continuing education program is open to all but **aimed specifically at patient care assistants, medical assistants, outreach workers, and childcare providers.** A unique feature of the course is it will be offered simultaneously in English and in Spanish. The cost is \$30.00, \$25.00 for pre-registration. Nursing CEUs, Certificates of Completion, Respiratory Contact Hours, daycare, breakfast and lunch, and lung function testing (Spirometry) will be provided.

"Learn and Teach the Asthma Basics" will be held on June 25, 2011 - 9:00am - 1:00pm at 1350 Tremont Street, Roxbury, MA 02120 ~ Reggie Lewis Track & Athletic Center. For more information, please contact Jacqueline Rodriguez-Louis at jrodriguez@bics.bwh.harvard.edu

BREATHE EASY REMINDERS



We don't want you to miss referral opportunities so please call (617) 534-2485.

Sometimes, Breathe Easy referrals can get a little confusing so we'd like to remind you of a few things that will hopefully make it easier to refer your patients with asthma to the program.

1) **Provide the parent or guardian's name on the referral form.** Since the referral goes straight to Inspectional Services, the name on it needs to be of the person who will be scheduling

the inspection.

2) **If you forget your facility's username or password to the Breathe Easy website, call the Breathe Easy Coordinator right away.** We don't want you to miss referral opportunities so please call (617) 534-2485.

3) **Please explain the Breathe Easy at Home program to your patients.** Let them know what the program is and how it works. [Feel free to print out materials](#)

[from our website.](#)

4) **Remember to have patients consent to a BEAH inspection.** All patients are supposed to sign the HIPAA form on our website that goes into their medical record.