

SMOKING

BREATHE BETTER BRONX

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SMOKING & ASTHMA

Smoking is one of the most common asthma triggers. Smoking hurts your lungs and airways and can cause an asthma attack.

Breathing air where other people are smoking can also be a trigger for an asthma attack. Even hours after someone is finished smoking, toxins from smoke stick to your clothes and furniture. That's why it is important to smoke outside.



SAFER SMOKING

- **Always** smoke outside.
- Wear a jacket or robe when you smoke.
- Remove your smoking jacket when you go inside so you don't bring toxins in with you.
- Wash your hands after smoking.
- **Never** smoke in your car.
- **Quitting smoking** is the safest plan when you have children.

ASTHMA TIPS

Smoke travels through the air and so do the toxins. When you smoke outside try to stay at least **20 feet away from doors and windows** in your apartment.



CALENDAR OF EVENTS

Autism Parent Support Group

The support group will take place at the Grand Concourse location of Bronx-Lebanon Hospital Center in the Murray Cohen Auditorium from 10am-12 noon.

February 5th, 2018

March 5th, 2018

9th Annual Autism Conference

Murray Cohen Auditorium
Hear great speakers and learn about resources for your family.

April 9th, 2018

THIRD HAND SMOKE

Even after you put out your cigarette, smoking leaves toxins behind. This is called *third hand smoke*.

These toxins cover your clothes, skin, and hair so they can be shared when you hug or touch someone. The toxins also cover your carpet or rugs, the inside of your car, or anywhere else where you are smoking.

Using a fan or smoking out of the window does not stop third hand smoke. That is why it is so important to **always smoke outside**. This helps protect the people you care about, especially children.

TRUE OR FALSE

Smoking around someone with asthma is okay if I smoke in another room or out of the window.

FALSE

Second hand smoke travels throughout a room. Using a window or fan does not keep people safe from second hand smoke.

IF YOU ARE THINKING ABOUT QUITTING

- ◆ For help you can call the New York City quit line at: 866-NY-QUITS (697-8487) OR nysmokefree.com
- ◆ Talk to your doctor about nicotine replacement medications such as: the patch, gum, inhaler or nasal sprays. These can help you with withdrawal symptoms and cravings for a cigarette.
- ◆ Quitting smoking is different for every person, you may need to try several different tools before you find one that works for you.
- ◆ The first day after you quit your blood pressure will go down and your heart rate will drop! Within one month you will start to breathe better and your circulation will improve.

BREATHE BETTER BRONX SERVICES

We offer:

- **Asthma Education**
 - **Home Visits**
to understand asthma triggers in your home
 - **Air Purifiers**
 - **Vacuum Cleaners**
 - **Cleaning Supplies**
 - **Integrated Pest Management**
to get rid of rats, mice, and roaches
 - **Asthma Support Groups**
 - **Help with Rental Arrears**
- 1704 Morris Avenue,
Apartment 1G
347-268-4449 (Eng)
347-558-5471 (Eng & Spa)
bbbx@bronxleb.org**