



Smoke-Free Colusa County Newsletter

The Smoke-Free Colusa County Subcommittee, part of the Colusa County Partners for Health, aims to improve the health of Colusa County residents through education and promotion of a tobacco-free lifestyle.

Visit our website!

Secondhand Smoke and the Stay at Home Order



While we are under the California Stay at Home executive order, some Californians are coping with the stress of this pandemic by smoking and vaping. Because of this, you and your family may be exposed to more secondhand smoke.

We all need healthy lungs now more than ever. When you're exposed to secondhand smoke, it harms your lungs.¹ Damaged lungs can lead to more severe symptoms of COVID-19.^{2 3} Even before the coronavirus pandemic, secondhand smoke exposure was on the rise in California, driven mainly from increases in e-cigarette and marijuana use.⁴ This is concerning because there is [no safe level of secondhand smoke](#).⁵

But this isn't a time to get angry with your smoking or vaping neighbor. Now is the time for understanding and compassion. Your neighbor isn't smoking to hurt you or your family. They are likely smoking or vaping to cope with stress. Dealing with stress can make it hard for people to quit smoking and vaping, or to stay quit. For some, it could even lead to starting for the first time or to using more tobacco than they would normally.

If you are being exposed to secondhand smoke, there are things you can do:

- **Be compassionate.** Remember they are probably dealing with extraordinary stress too, which can make it hard to give up smoking or vaping. Patience, kindness and support is something all of us need right now.
- **Empathize.** This pandemic has drastically changed all of our lives. Try to understand why they are smoking or vaping. Are they smoking or vaping because they're worried about how to get groceries or because they lost their job? Even just an offer of help with something small can be a welcome gesture.
- **Reach out.** This could be the time to practice being a good neighbor, and reaching out might help. It doesn't take much to give someone a better outlook during these unsettling times. Even just a simple friendly note might give them the extra encouragement to make healthy choices.

If you need additional help with addressing secondhand smoke in your home, visit [Make Your Home Secondhand Smokefree.](#)

References

1. Office on Smoking and Health (US). The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta (GA): Centers for Disease Control and Prevention (US); 2006.
2. Cohen S, Tyrrell DA, Russell MA, Jarvis MJ, Smith AP. Smoking, alcohol consumption, and susceptibility to the common cold. *Am J Public Health.* 1993;83(9):1277-1283.
3. Guan WJ, Ni ZY, Hu Y, et al. Clinical Characteristics of Coronavirus Disease 2019 in China. *N Engl J Med.* 2020.
4. Online California Adult Tobacco Survey, 2016 to 2018. Sacramento, CA: California Department of Public Health; November 2018.
5. Office on Smoking and Health (US). The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta (GA): Centers for Disease Control and Prevention (US); 2006.

Article and Image by [TobaccoFreeCA.com](#)

Check out these links!

- **[Protect yourself from COVID-19: Stop smoking and vaping now](#)**
 - **[Did You Know? Nicotine Dependence is Linked to Cannabis Use Disorder Symptoms in Youth](#)**
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Colusa County Partners for Health Meeting

The next Colusa County Partners for Health meeting will be announced to those subscribed to the e-mail list. Please e-mail TEP@ColusaDHHS.org to receive updates on meetings and coalition activities.

Resources

Interested in a meeting or community presentation to learn more about secondhand smoke, thirdhand smoke, tobacco marketing towards youth, or the Colusa County Tobacco Education Program? Contact us directly to schedule an appointment:

Colusa County Tobacco Education Program

Contact: Amanda Pitts

Phone: (530) 458-0380

<http://www.countyofcolusa.org/tobaccoeducation>



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Interested in quitting smoking?



Colusa County Public Health | Tobacco Education Program | (530) 458-0380 | 251 E. Webster Street
Colusa, CA 95932