

Smoke Signals

CITY OF PARAMOUNT

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WHO advises against using e-cigarettes amid the pandemic

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Meet Our Team

Frequently Asked Question

Q: Are people who smoke or vape at more risk from COVID-19?

A: Yes. If you smoke or vape and get the COVID-19 virus, you increase your risk of developing more severe COVID-19 symptoms. Smoking and vaping lower the immune systems response to the infection. COVID-19 attacks the lungs, and people who smoke or vape are at higher risk of developing lung infections. Bottom line: Your lungs and immune system work better when you stop smoking or vaping.



Glendale Foundation



Smoking/Vaping & Coronavirus (COVID-19) Give your lungs a fighting chance

How is your risk of COVID-19 increased?

SMOKING OR VAPING

CANNABIS OR TOBACCO

- Damages lungs
- Harms the immune system (body is less able to fight diseases)



COVID-19 Exposure



Infection is **↑ more severe**



We can help you quit!

CALIFORNIA SMOKERS' HELPLINE

1-800-NO-BUTTS or 1-844-8-NO-VAPE

Text QUIT SMOKING or QUIT VAPING to 66819

When you quit smoking or vaping, **your lungs and your immune system get healthier**



COVID-19 Exposure



Infection is **↓ less severe**



For more information visit: tobaccopreventiontoolkit.stanford.edu



or



WORLD HEALTH ORGANIZATION (WHO)

Why are e-cigarettes not a "safer" alternative during the COVID-19 pandemic and beyond?

Evidence reveals that electronic nicotine delivery systems (ENDS) s, more commonly referred to as e-cigarettes, are harmful to health and undoubtedly unsafe. The use of e-cigarettes also increases the risk of heart disease and lung disorders.

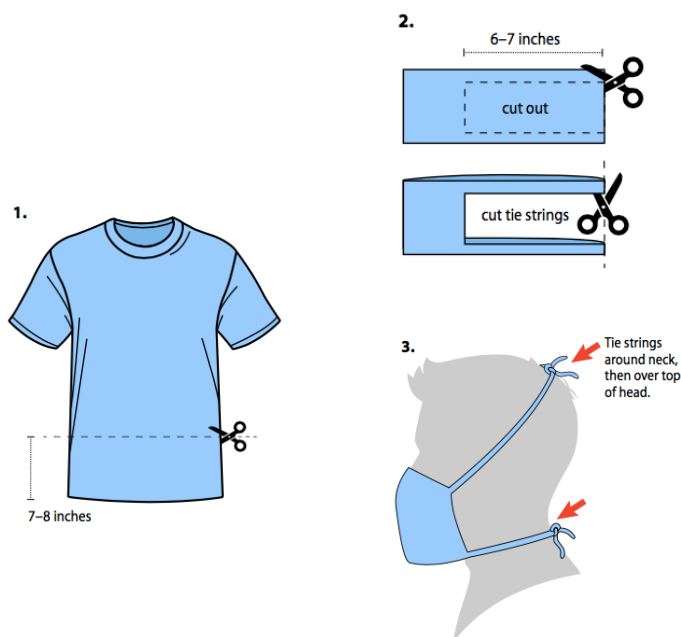
Given the growing evidence that e-cigarette use can be associated with lung injury and is linked to Vaping Associated Pulmonary Injury in the USA, COVID-19 may have implications for e-cigarette users. This is because the COVID-19 virus affects the respiratory tract. Further, e-cigarette use may suppress the immune and inflammatory-response in nasal cells, similar way to cigarettes, which may predispose e-cigarette users to COVID-19. If e-cigarette devices are shared, the risk of transmission is also likely to be increased. Tobacco users are recommended to quit completely, rather than switch to e-cigarettes, which pose health risks of their own and are not safe. Using any tobacco products may increase the risk of COVID-19 patients suffering more severe illness. (WHO, 2020).

How to Make a Face Mask

Quick Cut T-Shirt Face Covering

Materials Needed:

- T-Shirt
- Scissors



CALIFORNIA SMOKERS' HELPLINE FREE • PERSONALIZED • CONFIDENTIAL
QUIT SMOKING & VAPING SERVICES
 Visit NOBUTTS.ORG and NOVAPES.ORG for more info on these services.

Phone & Chat Counseling Mon-Fri 7 am to 9 pm • Sat 9 am to 5 pm
 Our highly-trained counselors can help you develop a quitting plan that's right for you.

PHONE COUNSELING	
ENGLISH	
Smokers	1-800-NO-BUTTS (1-800-662-8887)
Vapers	1-844-8-NO-VAPE (1-844-866-8273)
Tobacco Chewers	1-800-844-CHEW (1-800-844-2439)
SPANISH	1-800-45-NO-FUME (1-800-456-6386)
CHINESE	1-800-838-8917
KOREAN	1-800-556-5564
VIETNAMESE	1-800-778-8440

CHAT COUNSELING English Only	
Smokers	nobutts.org/chat
Vapers	chat.novapes.org

OTHER QUIT SERVICES

Text Messaging Program
 Enroll by texting *Quit Smoking* or *Quit Vaping* to 66819

Mobile Apps iPhone & Android
 Download from the App Store and Play Store
 no butts No Butts no vape No Vape

Amazon Alexa
 Say *Alexa, open Stop Smoking/Vaping Coach*

Self-Help Materials
 To receive free quit smoking or vaping materials, call 1-800-NO-BUTTS or 1-844-8-NO-VAPE.

Nicotine Patches for Smokers
 Some smokers may be eligible to receive free nicotine patches. Call 1-800-NO-BUTTS to see if you qualify.

Smoking & Vaping could make you more susceptible to COVID-19
 Protect your lungs.
 Quit Smoking & Vaping.

We've helped nearly **ONE MILLION** Californians quit!

The California Smokers' Helpline provides nonjudgmental, personalized quit support in six languages. Counseling protocols are based on clinical research conducted by UC San Diego's Moores Cancer Center and funded by the California Department of Public Health, First 5 California, and the Centers for Disease Control and Prevention.

HEALTHY RESOURCES

Enjoy this sweet recipe perfect for those warm Spring days!

Great Grape Smoothie

Ingredients:

- 1 cup seedless grapes
- ½ cup frozen cherries
- ½ cup frozen strawberries
- ½ cup orange slices
- ½ cup banana slices



Preparation:

- Combine all ingredients in a blender container
- Blend until mixture is smooth
- Pour into glass & serve

Makes two servings – 1 cup per serving

187 calories

Visit [Champions for Change](#) for more recipes.

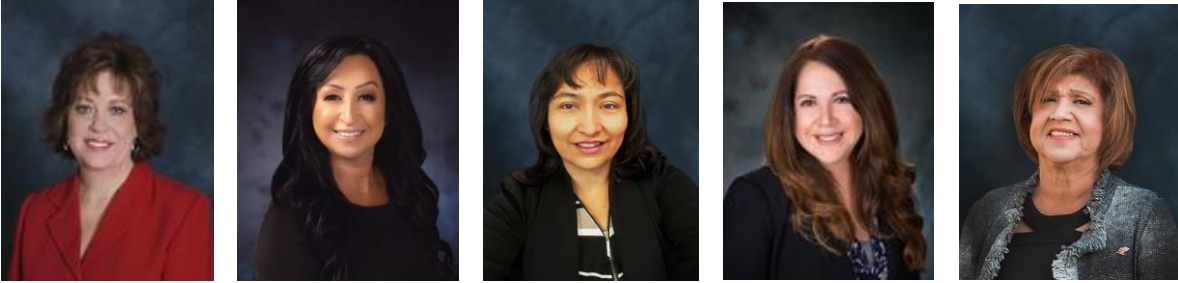
Looking for ways to stay active from the comfort of your own home?

Follow [The Workout Paramount](#) on Facebook for daily live-streamed fitness classes! For more resources, visit the City of Paramount's Virtual Recreation Center.



Conduct fun, kid-friendly experiments at home with [Science in the Kitchen](#), which provides step-by-step experiments that encourage kids to practice problem solving skills!





On May 5th, 2020 Paramount City Council members adopted Ordinance 11:25 under Ordinance 11:30 that includes the prohibition of smoking in public areas amending Chapter 30, Article IX Park and Recreation of the city municipal code.

Ordinance 11:30 section 30-94

Smoking or the use of tobacco or cannabis products is unlawful and prohibited within or on any park or recreational facility except that tobacco products may be smoked in outside areas designated by the Director for and during certain special events. This prohibition encompasses the entire campus of any park or recreational facilities including, but not limited to, outdoor and indoor areas, playgrounds, gazebos, parking lots, walkways, and easements.

SPANISH CORNER

¿Cómo pueden protegerse las personas?

Cada persona tiene un papel que desempeñar. Gran parte de protegerse a sí mismo y a su familia se reduce al sentido común:

- Quedarse en casa excepto para completar actividades esenciales.
- Lavarse las manos con agua y jabón durante un mínimo de 20 segundos.
- Evitar tocarse los ojos, la nariz o la boca sin las manos lavadas.
- Evitar el contacto cercano con personas enfermas.
- síntomas respiratorios como fiebre y tos.
- Practicando el distanciamiento social.
- Siguiendo la orientación de los funcionarios de salud pública.

Para más información, y como puedes ayudar a tu comunidad Comunícate con Freddy Velásquez a, VelasqFA@ah.org.

Adventist Health Glendale Foundation, under the Los Angeles County Tobacco Control and Prevention Program works to educate the community about youth tobacco use and youth access to tobacco products. The purpose of this newsletter is to provide information to the community and access to resources that promote healthy lifestyles.

If you are interested in volunteering with the program to help your community, please contact Alicia Tamayac (Tamayaan@ah.org), Freddy Velasquez (VelasqFA@ah.org), or Karina Barajas (barajaka@ah.org).



Adventist Health
Glendale Foundation

LOOKING FOR A WAY TO BE ACTIVE IN YOUR COMMUNITY?

JOIN THE YOUTH TOBACCO PREVENTION PROGRAM

Participants will have the opportunity to:

- Develop leadership skills by educating city leaders and community members on tobacco use prevention
- Participate in trainings by the Adventist Health Glendale Foundation
- Lead a social media campaign
- Educate the community at local outreach events
- Earn volunteer hours and letter of recommendation
- Receive a gift card for participation

For more information, contact:
Alicia Tamayac (TamayaAN@ah.org)
Freddy Velasquez (VelasqFA@ah.org)

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Please join us for an informational session to get to know our team and learn how you become involved with the program! We will be holding sessions on the following dates:

Wednesday, July 8th @ 1:30pm

- <https://us02web.zoom.us/meeting/register/tZYsd-6ppzguH9YwadTwv0vX8FWt33I-odhU>

Wednesday, July 22nd @ 3:00pm

- https://us02web.zoom.us/meeting/register/tZwuc02vpjoiHNG51Da2Kgn4ocVhXjs1H_od

All Paramount residents are welcome!

MEET OUR TEAM

Martha Rivera Manager/Project Director – Adventist Health Glendale



Ms. Rivera has over forty years of non-profit, public and private sector experience in labor, tobacco control, health outreach, business development, career planning and economic development. As Director of Outreach and Tobacco Control Programs for Adventist Health Glendale, she has identified available community resources to make it possible to compete for contract opportunities for web design, children's health outreach, tobacco prevention, Diabetes prevention, public policy, parenting, and healthy lifestyles to the community.

Ms. Rivera holds a B.S. in Interdisciplinary Studies, (minor: Sociology) from California State University Dominguez Hills. She is a Certified Mediator through Pepperdine University School of Law.



Karina Barajas is a graduate from the University of California San Diego with a B.S. in Public Health. During her undergrad, she worked as a Research Assistant for the UCSD Center for Healthy Eating and Activity Research and interned with the Palomar Medical Center in Escondido.

Karina is the newest addition to the team and serves as the program's Community Health Educator raising awareness about youth access to tobacco and the dangers of vaping. On her down time, you can find her exploring the outdoors and staying active with family.



Freddy Velasquez is a graduate from Southern New Hampshire University with a B.S in Public Health who is currently pursuing his MPH with a concentration in Global Health.

Freddy joined the Adventist Health Glendale Foundation last year, as a Community Engagement Coordinator to educate and bring awareness about youth access to tobacco in the cities of Paramount and Walnut.

Freddy enjoys running marathons and spending time with his family.



Alicia Tamayac has over 16 years of non-profit, public, and private experience in real estate and travel as well as extensive knowledge of nutrition and diabetes. During her time working with the Adventist Health Glendale Foundation, she has worked on several programs that have focused on improving the well-being of the community. Her experience in public relations, community engagement, health advocacy and leadership are key elements of her role as the Program Coordinator for the Reduce Youth Access to Tobacco program.

Ms. Tamayac is a graduate from the Los Angeles City College with an Associate Degree in Arts and a degree in accounting. Alicia is also a business owner with a background in real estate. Alicia enjoys traveling, specially to her native Guatemala where she explores her Mayan ancestry.
