

FROM YOUR HEALTHCARE DISTRICT

SPRING 2020



Dear Community,

On March 4th, Sequoia Healthcare District's Board approved [Resolution 2020-02](#), "Youth Use of Flavored Tobacco and E-Cigarettes". We presented this resolution to the Redwood City Council on March 9th along with presentations from six other tobacco prevention partners. We showed Redwood City Council members recently confiscated vape devices from a local middle school and have since discovered that the majority are black-market THC devices. This illustrates why it is so important for us to continue our efforts around community education regarding the effects of cannabis on the young brain.

This past fall, SHD and San Mateo County Office of Education co-sponsored a Vaping Prevention Summit for educators. This spring, we are planning to host an educators' summit "Beyond Nicotine" and a [parent education event](#) on April 27th. In light of the community health concerns regarding coronavirus, we wanted to use this opportunity to address a related concern: The usage and sharing of vaping devices could theoretically transmit the virus by way of community spread. Additionally, vape users are likely more susceptible to the effects of coronavirus.

While our communities need to be cautious and on alert, we also need to allay worries and reassure our children that adults are doing their best to keep them safe. Furthermore, our youth can contribute toward their own good health by practicing good hygiene habits. We hope you will also find the answers to some "Not So Frequently Asked Questions" useful as you navigate this evolving situation.

Karen E. Li, MD, Director of School Health



EVALI:

e-cigarette, or
vaping, product
use associated
lung injury

Health Advisory

- Coronavirus primarily attacks the lungs
- Avoid lung damage by not smoking/vaping
- Avoid exposure to second-hand smoke
- Do not share vape devices
- Vaping has been associated with EVALI

According to a [recent study](#), the odds of coronavirus disease progression (including to death) were **14 times higher** among people with a history of smoking compared to those who did not smoke. This was the **strongest** risk factor among those examined!



Handwashing Video

The BEST defense is proper handwashing—Wash well for at least 20 seconds. We encourage you to share this half-minute [YouTube video](#) with your child and family. This video demonstrates the steps for thorough hand-washing to prevent the spread of the coronavirus. Sing "Happy Birthday" not once, but twice!

Best practices for youth:

- People touch their face on average **23 times** per hour. Avoid touching your eyes, nose, and mouth
- Drink plenty of fluids. eat healthy foods, and exercise daily
- Try to get enough sleep on a regular basis (10-12 for children and 9.25 hours/night for teens)
- Do not share food and drinks

Not-so-Frequently-Asked Questions

These questions don't often come up in coronavirus FAQs, but here are additional topics to think about.

- **How does coronavirus impact inter-generational homes?**

If you live in an inter-generational household with elderly parents/grandparents, special care should be taken to prevent spreading the coronavirus. One proposed factor on why countries like Italy and Korea experienced contagion is due to these cultures having older populations coupled with inter-generational households.

- **What are some precautions especially for grandparents/older adults who are raising children?**

If possible, limit contact and proximity with children during this period of time. If this is not possible, as many grandparents serve as caretakers, then children should continue to follow recommended hand-washing, coughing, and sneezing guidelines to limit exposure.

- **How can we think of others who may be vulnerable?**

Certain individuals may appear healthy but be particularly vulnerable to coronavirus. This population includes smokers (past and present), children, teens, and young adults who have a history of immuno-deficiency, asthma, other respiratory issues, high blood pressure, or diabetes. Given how broad this population is, we should all be mindful to lessen our exposure by following guidelines already set by the [CDC](#) and health officials.

- **Can we still dine out as a family?**

Family outings to any public place where there are large crowds should be limited as a precaution at this time. That said, it is best to use personal judgment when it comes to a decision of dining out with family. Keep in mind when you dine out, there are many variables beyond your control, such as the degree of sanitation observed by the restaurant in terms of food preparation and delivery. Of course, there is also no way to know whether any restaurant workers or your server is sick or not.



graphic from www.gillettechildrens.org.



New, Free Resource For Parents & Youth!

Sequoia Strong™ is a FREE, online resource guide that connects residents of all ages to free activities and services in our area.

