

Dear Parent/ Carer

Your child has been diagnosed with **viral wheeze/asthma**.

This means that any exposure to smoke puts your child at greater risk of becoming unwell. Even if you do not smoke near your child, the smoke remains on your clothes, skin, hair and furniture and your child will breathe in the smoke. This is known as **third hand smoke** - second hand smoke is when your child breathes in the smoke from your cigarette whilst you are smoking it.

What does second and third hand smoke exposure mean for *your* child?

1. They will be **breathing in toxic chemicals** from the air, your skin, your clothing and the furniture.
2. Children of parents who smoke have:
 - Higher rates of **airway infections** like bronchiolitis and pneumonia
 - Higher rates of **asthma and wheeze**
 - **Lower lung function** which persists into adulthood
3. Children with asthma living in smoking households have:
 - more wheeze and **asthma symptoms**
 - more **asthma attacks**, which can be **life threatening**
 - need more **asthma medications** and for longer periods

Please seek help to stop smoking today. It is hard to quit smoking, and it often takes multiple attempts, but you are four times more likely to stop with support than doing it alone.

Quitting smoking is one of the best things you can do for your health and the health of your children, friends and other family. It does not matter how long you have been smoking for or how many cigarettes you smoke a day, **stopping will immediately improve your health and help you save money.** Stop Smoking Services are free, friendly and can massively boost your chances of quitting for good. They are staffed by expert advisors who provide a range of proven methods to help you quit, and will give you accurate information and advice, as well as professional support.

Safe stop smoking services are still operating during the COVID 19 pandemic. They are continuing to support people to give up smoking by reducing face to face appointments. Services are offering telephone consultations, video consultations and posting evidenced based stop smoking products to your home (for example: nicotine replacement therapy, e-cigarettes and other stop smoking medication).

Starting your quit attempt

You can self-refer to your local service and contact them directly to find out what support they offer, see contact details below:

Stop Smoking Service	Contact details
Barking and Dagenham	NewMe Tel: 0208 724 8018 Email: healthy.lifestyle@lbbd.gov.uk Website: www.newme.london
City of London	Smokefree City and Hackney Tel: 0800 046 9946 Email: smokefree.cityandhackney@nhs.net Website: www.smokefreecityandhackney.org
Hackney	Smokefree City and Hackney Tel: 0800 046 9946 Email: smokefree.cityandhackney@nhs.net Website: www.smokefreecityandhackney.org
Havering	Stop Smoking London Services Tel: 0300 123 1044 A Stop Smoking London advisor will help you find the right support for you
Newham	Quit Well Newham Tel: 020 7882 8230 clinicbookings@qmul.ac.uk Website: www.newham.gov.uk/stopsmoking
Redbridge	Everyone Health Tel : 0333 005 0095 Email: clinical.contactcentre@nhs.net Text: "Quit" to 60777 Website : www.redbridge.everyonehealth.co.uk
Tower Hamlets	Quit Right Tower Hamlets Tel: 020 7882 8230 clinicbookings@qmul.ac.uk Website: www.quitrightth.org
Waltham Forest	Quit Right Waltham Forest Tel: 0207 882 8230 clinicbookings@qmul.ac.uk Website: www.quitrightwf.org

Contact details for other Stop Smoking Services and for additional support and advice can be found at www.stopsmokinglondon.com or by calling London's stop smoking helpline on: **0300 123 1044**

Yours sincerely,

Supported by:



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