Is Someone in Your Family Still Smoking? Smoking can harm nearly every organ in our bodies. Just about 1 in every 5 deaths is caused by smoking in the United States each year. If you or someone in your family smokes, is ready to quit and needs help, call the New York State Smokers’ Quitline at 1-866-NY-QUITS (1-866-697-8487); TTY/TDD: 711 for hearing and speech impaired.

BEAT BACK BUG BITES

If your family is planning on enjoying time outdoors, don’t forget to plan for those unwelcome, pesky guests: bugs! The more time you and your children spend outside, the more likely you are to be bitten or stung.

If you or your child does get a bite or a sting, you can treat it yourself with things you may already have in the house. Do you know what to do? Fill in the missing words.

Word choices: skin, oatmeal, ice pack, finger, tweezers, anti-itch cream

Bee stings. All you need is your _______. Gently flick the stinger until it comes out. Use an _______ for 10 to 15 minutes to reduce any pain.

Mosquito bites. Use an ____________. If your child has lots of bites, an _______ bath can help reduce discomfort. Plus, it is great for their _______.

Tick bites. Use _______ to grab the tick and gently tug until it lets go.

Remember, whether it’s a sting or a bite, always wash the area with soap and water.

Do you have everything you need to treat minor pain or itching from bites or stings at home? Check off the items you currently have:

☐ Ice pack
☐ Anti-itch cream
☐ Oatmeal
☐ Tweezers

Are any unchecked? Add them to your shopping list. Be prepared so you can handle stings and bites on your own.

But remember that bites or stings can cause allergic reactions. Get medical help right away if you or anyone in your family is bitten or stung and they start to have a swollen throat or tongue, can’t breathe easily, or feel faint or dizzy. 

Answers given at bottom of page.
Don’t let asthma get in the way of your child having a good time this summer. If you are planning on traveling this summer, a little prep work before your trip can help keep your child’s asthma under control so he or she can enjoy the family’s vacation symptom-free.

**Traveling Better with Asthma**

Before you go away this summer, talk with your child’s doctor. Together you can create a plan that will allow better control of your child’s asthma.

Make sure you have all your child’s medicine and that you take enough with you to cover your child throughout your trip. Remember to keep what your child needs in your carry-on bag and not pack it in checked luggage that might get misplaced. Taking a little time now to prepare for your trip can make a big difference in controlling your child’s asthma when you’re away from home.

*Complete the crossword puzzle to help you remember some of the things you should take with you on your trip.*

Answers given at bottom of page.

**ACROSS**

2. Medicine that stops asthma symptoms once they have started by relaxing your airway muscles

4. People who have asthma are at greater risk for this complication

5. Common asthma trigger

6. Portable, easy-to-use device that measures how well your lungs are working *(two words)*

**DOWN**

1. Add-on device used to increase the ease of administering aerosolized medication

3. Medicine that helps prevent asthma symptoms by controlling the swelling in your lungs and decreasing mucus production

6. Flow meter

3. Controller, d. influenzae, z. moro, *Emblem* in puzzle 1. spacer, 2. rescue
Beat the Heat to Breathe Easy

While we cannot control the weather, we can control our environment. Here are some steps you can take to help your child beat the heat this summer and breathe easier. These are also good ideas for you and all the family.

1. **Stay hydrated.** Make sure your child drinks plenty of fluids throughout the day regardless of his or her activity level or thirst.

2. **Wear lightweight clothing.** Clothes that are not tight fitting and breathable are best.

3. **Stay indoors as much as possible.** Encourage your child to play indoors in an air-conditioned room.

4. **Go out early.** Try to plan so that your child’s time outside is in the morning or later in the afternoon to avoid the middle of the day when the sun is highest.

5. **Plan around the weather.** Avoid planning outside activities for your child during extreme weather advisories.

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Kid’s Corner Summer Fun!

Awesome! Summer is finally here and we can’t wait to run outside and have fun. But let’s also keep every minute of summer safe by doing a few smart things so asthma doesn’t make the summer less fun.

Which Is Smarter?

Do you know how to be “asthma smart” when the weather gets warmer? Read the choices in list A and list B and decide which is smarter. Then write the letter of your choice in the box.

<table>
<thead>
<tr>
<th>A</th>
<th>Is A or B the smart choice?</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Play as hard as I can</td>
<td>A or B</td>
<td>Take it easy in the hot summer sun</td>
</tr>
<tr>
<td>Invite a buddy to play with me</td>
<td>A or B</td>
<td>Play alone</td>
</tr>
<tr>
<td>Leave my inhaler in a safe place at home</td>
<td>A or B</td>
<td>Always take my inhaler with me</td>
</tr>
<tr>
<td>Take breaks and rest now and then</td>
<td>A or B</td>
<td>Keep having fun nonstop</td>
</tr>
<tr>
<td>Always play outside when it’s hot</td>
<td>A or B</td>
<td>Sometimes it’s better to play indoors</td>
</tr>
<tr>
<td>Drink water only when I’m thirsty</td>
<td>A or B</td>
<td>Always drink lots of water, even when I’m not thirsty</td>
</tr>
</tbody>
</table>

Asthma Smart Answers: B, A, B, A, B, B
Keep Your Kids Active

About 1 in 3 kids are overweight.

Overweight children have a higher risk of having long-lasting health issues. The good news is that you can help protect your child from these problems. The American Heart Association suggests kids get at least 60 minutes of activity each day. Being active will help your kids maintain a healthy weight.

Be A Good Example

“Lead by example” to help your kids be more active. Check each one as you complete the activity:

- Set aside time to play outside with your children.
- Take hikes with your children.
- Participate together in local youth sports leagues.
- Limit the time you spend in front of the TV or computer when you are together.
- Encourage active hobbies like jump rope or dancing. Join in if it is safe for you.

Kids who learn healthy habits now will likely keep them as adults. As a parent, it is so important to set a good example by being more active. You will be helping your children have long, healthy lives.