

# FOR THE HEALTH OF IT !



## *April is Alcohol Awareness Month*

- About **178,000 people die from excessive alcohol use in the US each year.**
- In New York State, excessive alcohol use causes about 6,700 deaths per year.
- *Everyone can help prevent of excessive alcohol use.*

### **You can**

- Choose not to drink or not drink too much yourself and help others not do it .
- If you choose to drink alcohol, follow *The Dietary Guidelines for Americans* recommendations that adults of legal drinking age, drink in moderation

**Men limit intake to 2 drinks or less a day**

**OR**

**Women 1 drink or less a day**

on days when alcohol is consumed.

- Do not serve or provide alcohol to those who should not be drinking, including people under the age of 21 or those who have already drank too much.
- Talk with your Health Care Provider about your drinking behavior and request counseling if you think you drink too much.

Support for Individuals and Families Struggling with Excessive Alcohol Use

- [National Institute on Alcohol Abuse and Alcoholism](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [New York State Office of Addiction Services and Supports](#)
- [Al-Anon Family Groups for family and friends of alcoholics](#)



## **RETHINK YOUR DRINK**

Be responsible during Alcohol Awareness Month.

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# IMMUNIZATIONS

April brings **Adolescent Immunization Action Week, World Immunization Week, and National Infant Immunization Week**. All of these weeks bring attention to Public Health's best tool, vaccines. It is important for children, teens, and adults to stay up to date on routine and recommended vaccinations. Immunizations help prevent severe illness from many diseases, and promote healthy living in our communities.

## Recommended Vaccines

birth

HepB (Hepatitis B): 3 doses

RV (Rotavirus): 2 or 3 doses

Pneumococcal: 4 doses

Hib: 3 or 4 doses

HepA (Hepatitis A): 2 doses

IPV (Polio): 4 doses

Varicella (Chickenpox): 2 doses

DTaP (Diphtheria, Tetanus, and Pertussis): 5 doses

MMR (Measles, Mumps, and Rubella): 2 doses

HPV (Human Papillomavirus): 2 or 3 doses

Tdap: 1 dose

MenACWY (Meningococcal): 2 doses (doses of MenB may also be recommended, and MenABCWY can be given if MenACWY and MenB are due at the same visit)

Tdap/Td: every 10 years for all adults and Tdap during every pregnancy

Influenza/Flu: annually for everyone starting at 6 months old

COVID-19: At least 1 dose of an updated COVID-19 vaccine

Shingles: 2 doses for adults 50 years and older

Pneumococcal: for adults 65 years or older who have never received a pneumococcal vaccine

6 years old

11-12 years old

18 years old

50 years old

65+ years old

These vaccine series from birth to 6 years old should all be completed on time, and most are required to attend day cares and schools

## Vaccine-Preventable Diseases

CHICKENPOX (VARICELLA)

COVID-19

DIPHTHERIA

HEPATITIS A

HEPATITIS B

HAEMOPHILUS INFLUENZAE TYPE B (HIB)

HPV

INFLUENZA (FLU)

MEASLES

MENINGOCOCCAL

MUMPS

POLIO

PNEUMOCOCCAL

ROTA VIRUS

RUBELLA

TETANUS

WHOOPING COUGH (PERTUSSIS)

Talk with your provider or pharmacist about vaccines that you might be eligible for to protect you and your loved ones

Recommended immunization schedules

[2024 Recommended Immunizations for Birth Through 6 Years old](#)

[2024 Recommended Immunizations for 7-18 Years Old](#)

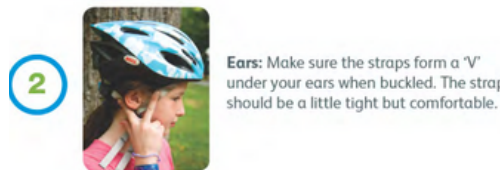
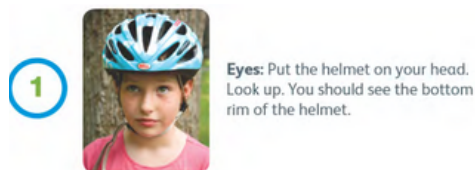
[2024 Recommended Immunizations for Adults](#)

# Helmet Safety

Spring is on its way. That means more time playing outside for children and adults. No matter your age take steps to protect your head from injury.

Biking is a great way to get outside and enjoy the changing seasons. Make sure you have a helmet that can protect your children and you on your ride.

Check old helmets for cracks, scrapes, discoloration, dents, or anything else that could lower its ability to protect your head in a crash. Always check the fit of helmets for children. A child can outgrow a helmet quickly and may need a new one sooner than you think.



## Fitting a Bike Helmet

- Put the helmet on the head about two finger widths above the eyebrow.
- The helmet should fit snug on the head before being buckled. Use the helmet adjuster for a proper fit.
- Buckles should form a V just below the earlobe.
- Tighten the buckle so that when the person wearing the helmet opens their mouth it pulls down on their head.

Helmets aren't just for biking. Softball, baseball, skate boarding and roller blading are just a few of the other activities that kids and adults need to wear a proper fitting helmet. Visit [Which Helmet for Which Activity](#) for more information about which helmet is right for your activity.

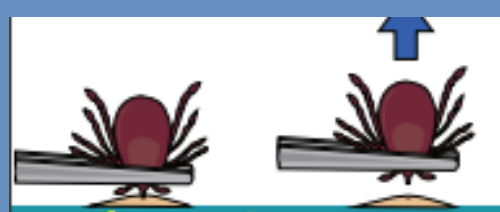
**Quick Stats:** An average of 247 traumatic brain injury deaths and 140,000 head injuries among children and adolescents younger than 20 years were related to bicycle crashes each year in the United States. As many as 184 deaths and 116,000 head injuries might have been prevented annually if these riders had worn helmets.

## Tick Season is Here

A warm winter and an early spring will likely mean an active tick season. Here are a few things to remember to reduce your chances of being bitten by a tick and infected with Lyme or other tick-borne diseases.

- Avoid tick habitats like grassy, brushy, or wooded areas when possible.
- Treat clothing and gear with products containing 0.5% permethrin. Don't use on skin.
- Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#) containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone.

- Wear long pants and sleeves and stay in the middle of trails.
- Do tick checks regularly if in tick habitat and a full body tick check at the end of the day.
- Remove ticks promptly using fine point tweezers or a tick remover.
- Do not use chemicals, matches, lighters or your fingers. Using these things can increase your risk for getting a tick-borne disease.
- Monitor your health for 30 days. If you develop a fever, rash, body-aches, fatigue etc. contact your doctor right away and be sure to talk about the tick bite.



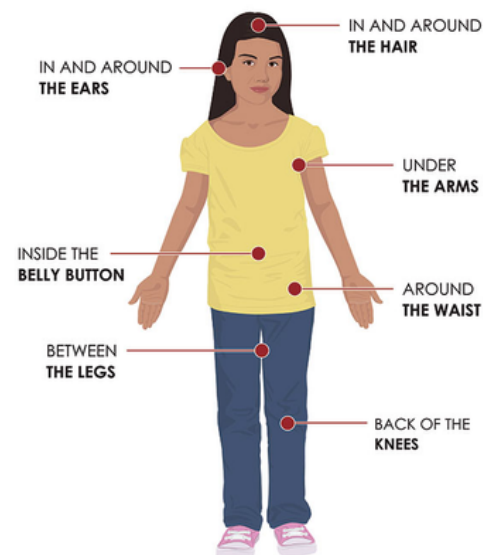
## how to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water.

### Notes:

- Remove the tick as soon as possible.
- If tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If you develop a fever or rash within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

## Tick Check





# April is Distracted Driving Awareness Month

Distracted driving comes in many forms - visual, manual and cognitive like:

- Adjusting the radio or GPS
- Applying Make up
- Eating and Drinking
- Using your phone - Texting, Talking and Social media use

The National Highway Transportation Safety Administration (NHTSA)'s **U Drive. U Text. U Pay.** campaign reminds drivers of the deadly dangers and legal consequences- including fines- of texting and other forms of messaging behind the wheel.

### Consider these tips for Safe Driving-

- If you must send or receive a text, pull over to a safe location and park your car first.

- If you have passengers, appoint a "Designated Texter" to handle all your texting.
- If you can't resist the temptation to look at your phone, keep it in the trunk.



## DISTRACTIONS

are like blindfolds.  
They could cause you to miss:



## GETTING YOUR AFFAIRS IN ORDER: Advance Care Planning

**Making health care decisions** for yourself or someone who is no longer able to do so can be overwhelming. That's why it's important to get a clear idea about preferences and arrangements while you can make decisions and participate in legal and financial planning together.

**Use this checklist** to ensure health care and financial arrangements are in place before serious illness or a health care crisis.

- ✓ **Start discussions early** with your loved one while everyone can still help make decisions.



- ✓ **Create documents** that communicate **health care, financial management,** and **end of life** wishes for yourself and the people you care for, with legal advice as needed.



- ✓ **Review plans regularly,** and update documents as circumstances change.



- ✓ **Put important papers in one place.** Make sure a trusted family member or friend knows the location and any instructions.



- ✓ **Make copies of health care directives** to be placed in all medical files, including information on every doctor seen.



- ✓ **Give permission** in advance for a doctor or lawyer to talk directly with a caregiver as needed.



- ✓ **Reduce anxiety** about funeral and burial arrangements by planning ahead.

