



# For the Health Of It!

## August is National Immunization Month

August is National Immunization Month. Over the last decade vaccines have received some very negative coverage. Unfortunately, a lot of the negative information is found on scientific sounding websites that have no credibility. The other source of negative comments about vaccines is coming from politicians and/or opinion programming that have no knowledge about how vaccines actually work, but they know that the conversation moves the needle.

Besides sanitation (clean water, sewer systems, hand washing etc.) vaccines are one of the greatest public health victories humans have had against disease.

Children who are vaccinated no longer have to worry about becoming paralyzed by polio, having to be hospitalized from measles or turning blue from a lack of oxygen caused by “whooping cough”.

Children today are protected from 14 different diseases that can cause terrible illness, sometimes permanent disability and even death.

It is important for parents and caregivers to understand how a vaccine is able to protect your child and that vaccinating your child helps protect people who may be too young or too sick to be vaccinated themselves.

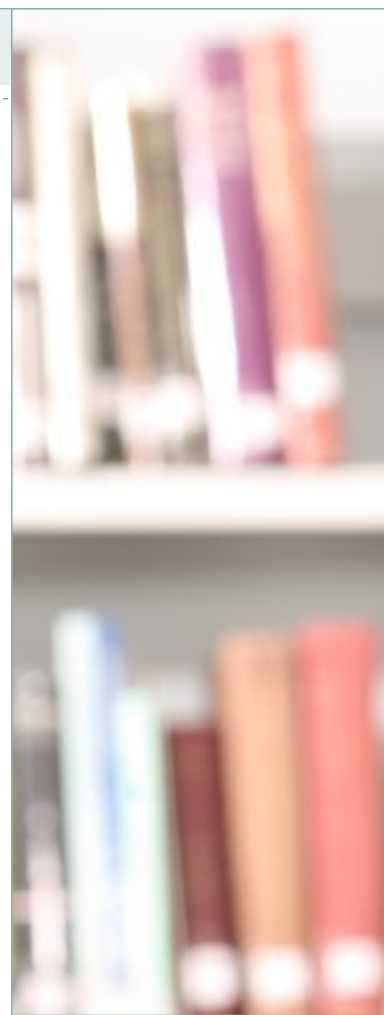
In New York State any child that enrolls in a licensed daycare or preschool or attends public or private school must be up-to-date with their vaccinations to attend.

**Continued pg 3**

## August is National Breastfeeding Month

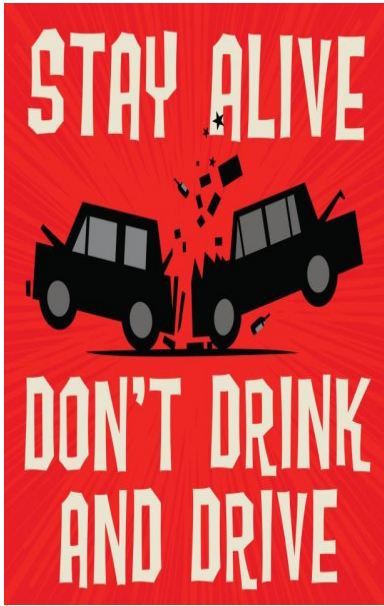
Research shows that mothers and babies benefit from breastfeeding. Breastfeeding strengthens the bond between mother and baby and helps protect a baby from colds, diarrhea, and respiratory infections. Breast milk reduces the risk of allergies, Sudden Infant Death Syndrome (SIDS) and obesity. Moms who breastfeed tend to recover faster following delivery and return to their pre-pregnancy weight quicker.

**Continued pg. 2**



### INSIDE THIS ISSUE

- Breastfeeding month cont..... 2
- World Lung Cancer Day ..... 2
- Drive Sober ..... 2
- Immunization month Cont. .... 3
- Mold In Your Home ..... 4
- Contact Lens Safety ..... 4
- Crops for Wet Soil ..... 5
- Contact Lens safety Cont..... 6



## DRIVE SOBER OR GET PULLED OVER

- Everyday, about 37 people in the United States die in drunk-driving crashes. That's one person every 39 minutes.

- In 2021, 13,384 people died in alcohol-impaired driving traffic deaths. A 14% increase from 2020.

-In 2021, there were 2,226 people killed in alcohol-related crashes where a driver had a BAC (blood alcohol content) of .01 to .07

### BE RESPONSIBLE : HAVE A PLAN

- Before driving, choose a designated driver or schedule a ride sharing, ride hailing or taxi service.
- If you are hosting a party, where there's alcohol, offer non-alcoholic drink options and make sure all guests leave with a sober driver.
- Always wear your seat belt-it's the best defense against drunk drivers.
- If you see a drunk driver on the road, safely pull over and call law enforcement.

**Remember, Drunk Drivers face jail time when they are caught, and the financial impact is devastating.- \$10,000 in attorney's fees, fines, court costs, loss time at work, higher insurance rates, car towing, losing driver's license and your car. IMAGINE TRYING TO EXPLAIN THIS TO YOUR FAMILY, FRIENDS AND BOSS.**

*“A tree never hits an automobile except in Self- Defense.”*

August 1st

### World Lung Cancer day

For 2023, in USA, the American Cancer society estimates-

- About 238,340 new cases of lung cancer
- About 127,070 deaths from lung cancer
- Lung cancer is by far the leading cause of cancer deaths in the US, about 1 in 5 of all cancer deaths.
- **Smoking is the leading cause of lung cancer, responsible for approx. 85% of all cases.**
- **Primary prevention** such as tobacco control measures and reducing exposures to environmental risk factors can reduce the incidence of lung cancer and save lives.



2

## NATIONAL BREASTFEEDING MONTH

Women who are able to breastfeed and choose to do so can provide their baby with essential nutrition without the worry of having to rely on baby formula manufacturers. Also, by choosing to breastfeed women can help ensure that the supply of baby formula for women who are unable to breastfeed their baby remains available should another shortage happen.

There are state and federal laws that exist to ensure that a woman has the right to breastfeed whenever and wherever she needs to. This August individuals, employers, businesses and community groups can show support for a woman's right to breastfeed in public.

Individuals can support breastfeeding moms by not reacting to a mom breastfeeding in public and gently reminding family and friends that it is her right to feed her baby when and where she needs to.

Families can talk to children about breastfeeding being a natural and healthy way for a mom to feed her baby.

Employers can support breastfeeding moms by adopting policies that provide mothers with time and space to express milk at work. There are several [Breastfeeding Resources](#) to help employers accommodate mother returning to work who are breastfeeding.

Businesses and community groups can display signs on windows and doors that welcome breastfeeding moms. The Warren Washington Breastfeeding Coalition has stickers available for free to businesses and groups that support breastfeeding mothers. Call 518-761-6580 for details.

Unfortunately not every woman is able or willing to breastfeed, but for those who can and choose to do so, they deserve to be supported and encouraged.

To learn more about the benefits of breastfeeding and about the rights of mothers to breastfeed visit

NYSDOH [Breast/chestfeeding Promotion, Protection, and Support](#)

Centers for Disease Control [CDC's Breastfeeding Page](#)

Or the [La Leche League USA](#) website





*Vaccines are the safest way to protect you, your children and your community from a long list of serious and potentially life-threatening illnesses. Vaccines protect you by preparing your immune system to recognize and fight serious, and sometimes deadly, diseases. NYSDOH*

## NATIONAL IMMUNIZATION MONTH CONTINUED

There are many questions about vaccines and their safety. Some of the most common questions and concerns about vaccine include

- Are the additives (known as adjuvants) in vaccines safe? **In short yes they are.** You can read more about them by going to [Adjuvants and Vaccines](#) from CDC.
- Do vaccines cause Autism in children? **No.** Unfortunately a poorly designed and fraudulent study in the 1990's has been cited as this source of this information. It has been discredited and disproven many times since its release. You can find out more by going to [Autism and Vaccines](#) from CDC.
- Do people who get vaccinated often “pass out” or faint because of the vaccine? Although some people may faint after receiving the vaccine scientists believe that the fainting is caused by the vaccine process (fear and anxiety of the vaccination) and not because of the vaccine itself. You can learn more by going to [Fainting and Vaccines](#) from CDC.
- Does getting too many vaccines at once or at a young age overwhelm the immune system? **No they do not.** From the moment babies are born, they are exposed to numerous bacteria and viruses on a daily basis. Eating food introduces new bacteria into the body; numerous bacteria live in the mouth and nose; and an infant places his or her hands or other objects in his or her mouth hundreds of times every hour, exposing the immune system to still more germs. You can read more about [Multiple Vaccines At Once](#) from CDC.
- Is there Thimerosal in vaccines given to children? **No. Thimerosal was taken out of childhood vaccines in the United States in 2001.** You can learn more about vaccines and their ingredients by visiting [Thimerosal and Vaccines](#) from CDC.

From infants to senior citizens, getting vaccines on time is one of the most important ways to protect yourself and others from serious diseases and infections. If you are a parent, the New York State Department of Health, the Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics all recommend that you keep your children up-to-date with the recommended vaccination schedule.

It's also important for adults to be sure that they have received all the vaccines recommended for adults.

Visit the [NYSDOH Immunization Information](#) page to find out about vaccination requirements, help paying for vaccines and vaccination records.

### Remaining Warren County Rabies Clinics

Warren County Public Health hosts rabies clinics for the general public throughout the year. Clinics serve dogs, cats and ferrets.

A \$10.00 donation is requested for each pet, but no one is turned away for an inability to pay.

Dogs must be on leashes and cats and ferrets in carriers.

The clinics provide both primary and booster doses of the rabies vaccines to pets.

For more information go to <https://warrencountyny.gov/healthservices>

#### Remaining 2023 Clinics

**Saturday, August 5th,**  
10:00am—Noon, Queensbury Community Center, 742 Bay Road

**Saturday, September 16th,**  
10:00am—Noon, Chester Fire House, State Route 8

**Saturday, October 14th,**  
10:00am—Noon, Queensbury Community Center, 742 Bay Road

**Saturday, November 4th,**  
10:00am—Noon, Queensbury Community Center, 742 Bay Road

If you need to talk with someone about the rabies vaccine or clinics please call 518-761-6580

August 31

### International Overdose Awareness Day

Despite progress, drug overdose deaths continue to impact our nation.

The majority involved a prescription or illicit opioid.

Taking more than one drug at the same time can increase overdose risk.

#### Everyone has a role to play

**Learn about the risk of opioids.**

**Learn about naloxone, its availability , and how to use it .**

**Help people struggling with opioid use disorder, find the right care and treat-**



## WHAT TO DO IF YOU THINK SOMEONE HAS OVERDOSED

1. Call 911 immediately
2. Administer Naloxone, if available
3. Try to keep the person awake and breathing
4. Lay the person on their side to prevent choking
5. Stay with the person until emergency assistance arrives



## MOLD IN YOUR HOME

This summer has provided our area with a lot of rain, humid conditions and even some areas of flooding. Conditions like these can lead to the growth of mold in your home. It is important to remember that molds exist in every home and building. There is no way to rid your home of all mold spores, but there are steps you can take to reduce the amount of mold that grows in your home.

Mold needs two things to grow and thrive. First is moisture. The more moist the environment the better mold will grow. Second is organic material to feed on. This can include things like paper products, ceiling tiles, dry wall, cardboard and wood.

It is also important to remember that the color of mold does not tell you if it is able to produce toxins. It is a good idea to remove any mold found growing in your house and fix the moisture source to reduce the chance the mold will regrow.

Everyone reacts to mold differently. People with allergies, asthma and other chronic respiratory diseases may experience difficulty breathing. People with a weakened immune system may be at risk of infection from molds. Here are some tips to reduce mold growth in your home

#### Identify common sources of moisture:

- Leaky roofs and windows
- Leaky pipes
- Shower and laundry areas
- Flooding

#### What to do:

- Fix leaky roofs, windows and pipes as soon as possible.
- Consider ventilating shower and laundry areas with an exhaust fan vented outside. No exhaust fan? Place a fan in a window in those areas and have it blow out.
- Keep humidity levels low about (30%-50%) during humid months. Using an air conditioner or dehumidifier can help.
- Don't use carpet in areas with a lot of moisture like bathrooms, basements and laundry areas.
- Thoroughly dry your home after flooding and ask a professional about what should be done to reduce mold growth.



For more information about mold and what to do if you find it in your home visit CDC's page [Basic Facts about Mold and Dampness.](#)

## Contact Lens Wearers Keep Your Eyes Safe

When cared for properly, contact lenses can provide a safe and effective way to correct your vision. However, wearing contact lenses can increase your chance of getting an eye infection—especially if you do not care for your lenses the right way.

Wearing and caring for contact lenses properly is critical to keeping the eyes healthy and preventing eye infections; however, the majority of contact lens wearers do not practice proper contact lens hygiene. Since 2006, in the US there have been three outbreaks of Acanthamoeba keratitis and Fusarium keratitis — both of which are very serious and sometimes blinding types of eye infections.

Your habits, supplies, and eye care provider are all essential to keeping your eyes healthy.

**See page 6 for healthy habits to keep your eyes safe.**



## CROPS TO GROW IN WET SOIL

Wet soil can be a challenge even for the most experienced gardeners. Our summer this year in Warren County and NYS has been very rainy, and wet. Technically growing season is supposedly on its way, expect it is not, due to excessive ground saturation. Herbs and flowers are growing, but not much of vegetables are in sight. Here are some tips for growing in wet soil and 12 perennial crops to try.

1) **Asparagus** : a common garden crop, can tolerate temporary wet soil

Harvest window : February to July

Full sun, zone 3-8. 3-5 feet tall

2) **Lowbush Cranberry**: Typical cranberry found in grocery stores.

Harvest window: Mid to late fall

Full sun, zone 2-7 , 4-10 inches tall



3) **Fox grapes** also called Concord grapes, used for table grapes, juices and jellies

Harvest window: late summer to early fall

Full sun, zone 4-8, grapes in garden grow on an arbor.



4) **Mint family** plants are especially tolerant to areas with wet soil. Mint is versatile in kitchen too, and can be used with many dishes from savory to dessert, from fruits and ice cream to meat based entrees.

Harvest window: all growing season, except it dies in winter

Full to partial sun, 2-3 feet

5) **American Red Raspberry** — North American native is more tolerant to wet soil than other varieties

Harvest window: ever- bearing, producing a crop mid- summer as well as in fall

Full sun to full shade, 3-6 feet



6) **Strawberries** are a common delicious fruit, not as tolerant to wet soil, soil must drain within 24 hours.

Harvest window: late spring to early summer and into fall for ever bearing varieties.

Full sun, 6-12 inches

## CONTACT LENS SAFETY CONTINUED

### Don't Sleep in Your Contact Lenses

- Don't sleep in your contact lenses unless prescribed by your eye care provider. Sleeping while wearing contact lenses has been shown to cause up to 8 times greater risk of an eye infection.

### Wash Your Hands

- Always wash your hands with soap and water before handling your lenses.
  - Dry your hands well with a clean cloth before touching your contact lenses every time.

### Keep Contact Lenses Away From All Water

- Water can introduce germs to the eyes through contact lenses. Remove contact lenses before swimming and avoid showering in them.

### Properly Clean Your Lenses

- Rub and rinse your contact lenses with contact lens disinfecting solution—never water or saliva—to clean them each time you remove them.
- Don't "top off" solution. Use only fresh contact lens disinfecting solution in your case—never mix fresh solution with old or used solution.
- Use only the contact lens solution recommended by your eye care provider.



### Take Care of Your Contact Lens Case

- Clean your contact lens case by rubbing and rinsing it with contact lens solution—never water—and then empty and dry with a clean tissue. Store upside down with the caps off after each use.
- Replace your contact lens case at least once every three months.

### Talk with Your Eye Care Provider

- Have a conversation with your eye care provider during your next appointment to discuss your contact lens wear and care habits and to help prevent eye infections.
- Visit your eye care provider yearly or as often as he or she recommends.
- Remove your contact lenses immediately and call your eye care provider if you have eye pain, discomfort, redness, or blurred vision.

### Be Prepared

- Carry a backup pair of glasses with a current prescription—just in case you have to take out your contact lenses.

### Symptoms of Eye Infection

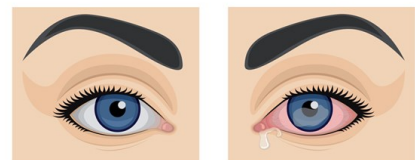
- Irritated, red eyes
- Worsening pain in or around the eyes—even after contact lens removal
- Light sensitivity
- Sudden blurry vision
- Unusually watery eyes or discharge



**Public Health**  
Prevent. Promote. Protect.

For more information about contact lens safety go to [www.cdc.gov/contactlenses/index.html](http://www.cdc.gov/contactlenses/index.html).

## Keratitis



Healthy eye

Keratitis

Main symptoms: red eyes, profuse tearing, photophobia, corneal clouding, intense pain