

# FOR THE HEALTH OF IT!



## Children’s Eye Health & Safety Awareness Month

Most people rely on their eyes to see and make sense of the world around them. If you are reading this, your eyes are hard at work. Learn how to keep your eyes healthy.

### 1) Eat right to protect your sight.

Keep your eyes healthy by eating a well-balanced diet. Different types of fruits and veggies, especially leafy greens, fish like salmon, tuna and halibut are good for your eyes.

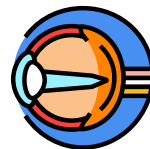


### 2) Get moving.

Kids who exercise often have a healthier body weight than kids who don’t? Overweight or obesity may put you at higher risk for diabetes and other conditions that can lead to vision problems.

### 3) Speak up if your vision changes.

Is your vision blurry? Do you squint a lot? Ever have trouble seeing things at school? Tell a parent or teacher if your eyes are bothering you or if you notice any changes in your vision.



### 3) Wear your Glasses.

Your glasses help you see better, especially when there are clean and free of smudges. Talk to an adult about how to clean your glasses and how to store them when you are not wearing them.

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# Eye Health Fun Facts

Get to know your eyes a little better with these fun facts!

- On average, you **blink about 17 times** each minute, though this number will vary based on your activities and your eyes' needs.
- Most blinks last for approximately 1/3 of a second- that's fast !

**They say "in the blink of an eye" because it is the fastest muscle in your body.**

- There are three reasons we blink-
  - to lubricate the eye.
  - shield the eye by removing foreign objects like dust.
  - relieve fatigue by allowing ocular muscles to reorganize.

- Did you know your eye color is controlled by the level of melanin in your iris?

- Brown eyes have more melanin (dark brown pigment) in their iris, while people with blue eyes have less melanin.



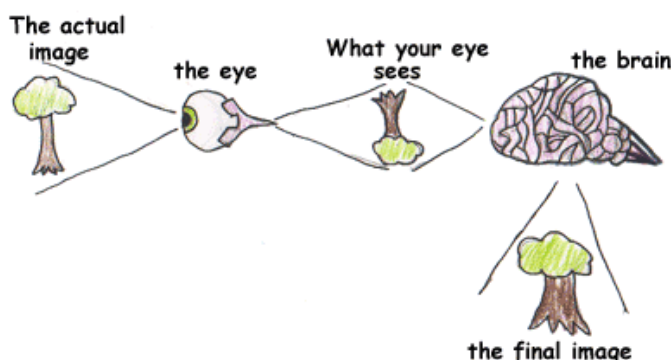
- **More than 150 million Americans** rely on corrective eyewear like **glasses or contacts** to correct refractive errors such as nearsightedness, farsightedness, and see their best.

- Did you know that **20/20 vision** just means your vision is **"normal"**?

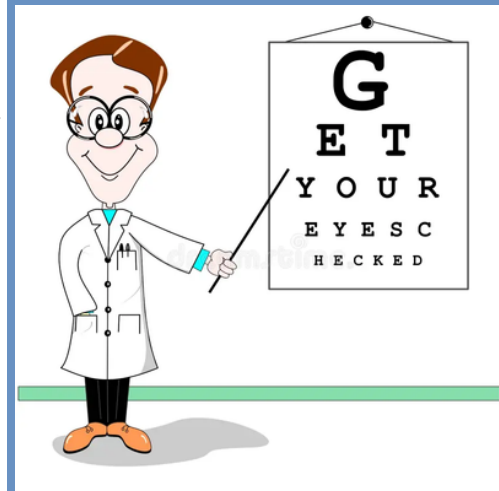
- Eye doctors have determined what people should "normally" be able to read on a chart from 20 feet away.



- If you wore glasses, which flipped images upside down, your brain would correct your vision.



# August is National Eye Exam Month



August marks National Eye Exam Month, a chance to learn about ways to keep your eyesight clear and healthy.

- A standard eye exam can detect early indicators or damage to your eyes as we age.
- Routine eye exams are recommended by Ophthalmologists every **2-4 years** between the **ages of 40 and 65**, and **every 1-2 years** after the **age of 65**.
- Getting a basic checkup and following a doctor's advice can significantly reduce the risks of more severe and future damage, allowing you to maintain healthy vision.



# National Breastfeeding Month

## *Nourish, Sustain, Thrive*

The goal of National Breastfeeding Month is to protect, promote, and support breastfeeding and all of the benefits it has for infants and their mothers.

The first week of August is also World Breastfeeding Week

This year the focus is on **survival, health and wellbeing**



Both mothers and children benefit from breastfeeding. Breast milk contains antibodies that protect infants from bacteria and viruses. Breastfed children have fewer ear, respiratory and urinary tract infections and have diarrhea less often. Infants who are exclusively breastfed tend to need fewer health care visits, prescriptions and hospitalizations resulting in a lower total medical care cost compared to never-breastfed infants.

Breastfeeding also provides long-term preventive effects for the mother, including an earlier return to pre-pregnancy weight and a reduced risk of pre-menopausal breast cancer and osteoporosis. According to the Centers for Disease Control and Prevention, nearly 84% of infants are breastfed to some degree, but only about 25% of infants are breastfed exclusively through six months. As a part of the Healthy People 2030 initiative, two national goals are to increase the proportion of infants who are breastfed exclusively through six months and infants who are breastfed at one year by the year 2030.

All 50 states, the District of Columbia, Puerto Rico, and the Virgin Islands have laws to allow women to breastfeed in any public or private location. New York State offers the Breastfeeding Mothers' Bill of Rights, which gives women the right to make their own choice about breastfeeding.

NYS has a new policy on the rights of employees to express breast milk in the workplace. This new labor law provides all employees with the right to paid break time to express breast milk in the workplace regardless of the size of their employer or the industry they work in. All employers are required to inform all employees about their right to take thirty (30) minute paid breaks during the workday for the purpose of pumping breast milk.

## Rabies Vaccination Clinic in August!

Saturday August 10th  
Queensbury  
Community Center  
742 Bay Rd  
10:00-Noon

A \$10 donation is requested for each pet. No one is turned away due to financial hardship.



Pets must be 3 months of age to receive their first immunization, which will afford them protection for one year. The next shot (booster) will afford protection for 3 years. From then on, every three years a booster should be given to protect your pet.

**Protect your pets!**

**Keep them up to date on vaccinations!**

# Harmful Algae Blooms

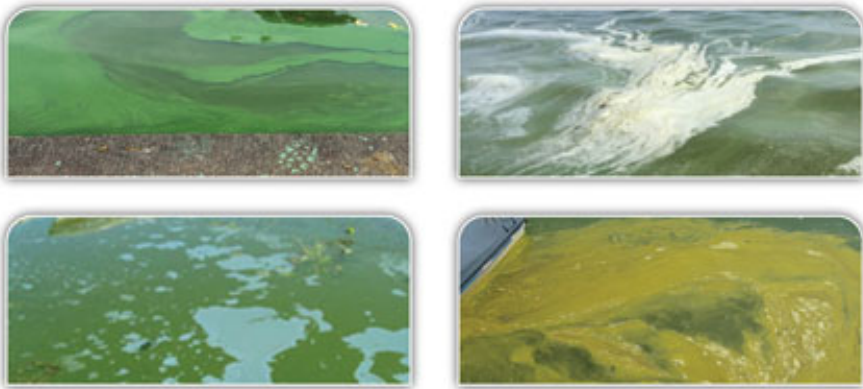
Blue-green algae are microscopic organisms that can form dense blooms in surface waters and on rocks and shorelines. People and animals should avoid blooms because blue-green algae can cause health effects.

## Know It

It might be a blue-green algae bloom in surface water if you see:

- Strongly colored water (blue-green, green, yellow, white, brown, purple, or red).
- Paint-like appearance.
- Floating mats or scums.

Blooms can also form on rocks, along the shoreline, and at the bottom of a waterbody. These are called benthic blooms.



## Avoid It

Always stay away from surface water and benthic blooms. [View DEC's list of reported blooms:](#)

- Don't swim, fish, boat, or wade in areas with blooms.
- Don't eat fish caught from areas with blooms.
- Rinse with clean water if you, your family or pets have contact with blooms.
- Pet and livestock illness/deaths can happen if animals consume large amounts of water containing blooms, scums or benthic mats. Immediately seek veterinarian care if noticing any symptoms in your animals.

If you are not on a public water supply and are using surface water:

- Bloom or no bloom, never drink, prepare food, or make ice with untreated surface water. You may also consider not using it for washing, especially if it looks cloudy.
- During a bloom, don't drink, prepare food, or make ice with surface water, even if you treat the water yourself.
- Boiling water will not remove blue-green algae or their toxins.

If you are on public water:

- Your water is treated, disinfected and monitored for drinking and household use.

## If You Are Exposed

- Rinse off yourself, children, and animals with clean water if exposed to blooms or surface scums, or water that is noticeably discolored.
- Stop using the water and consider medical attention if people or animals have symptoms and might have contacted (touched, inhaled, or swallowed) surface waters with possible blooms. Symptoms include diarrhea, nausea or vomiting; skin, eye or throat irritation; and allergic reactions or breathing difficulties.
- Pet and livestock illness/deaths can happen if animals consume large amounts of water containing blooms, scums or benthic mats. Immediately seek veterinarian care if noticing any symptoms in your animals.
- Please report suspicious blooms to [HABsInfo@dec.ny.gov](mailto:HABsInfo@dec.ny.gov).
- Please report bloom-related symptoms in people to your [local health department](#).

## Report It

- Report blooms to: the [DEC](#)
- Report blue-green algae related symptoms to: [your local health department](#)
- Consider visiting a healthcare provider if you, your family, or your animals are experiencing symptoms related to blue-green algae blooms. Symptoms include diarrhea, nausea, or vomiting; skin, eye, or throat irritation; and allergic reactions or breathing difficulties.



# National Immunization Awareness Month (NIAM)

National Immunization Awareness Month (NIAM) is an annual observe held in August to highlight the importance of vaccination for people of all ages. Vaccines are among the most successful and cost-effective public health tools available for preventing disease and death. In the United States, vaccines have greatly reduced infectious diseases that once routinely caused severe illness and death.

Immunizations play an important role in keeping your family and your community healthy. Vaccinations are important because they not only protect the person who is receiving the vaccine, but they also help to keep diseases from spreading to others such as your family, neighbors, classmates, coworkers, and other members of the community. Immunization helps protect those who are the most vulnerable to illness, such as infants, elders, and those with weakened immune systems.

## Is your child up to date on NYS Required Immunizations for school?

Diphtheria, Tetanus, and Pertussis (DTaP) Vaccine  
Tetanus, Diphtheria, and Pertussis (Tdap) Vaccine Booster  
Polio Vaccine (IPV)  
Measles, Mumps, and Rubella (MMR) Vaccine  
Hepatitis B Vaccine  
Varicella (Chickenpox) Vaccine  
Meningococcal Conjugate (MenACWY) Vaccine  
Haemophilus Influenzae Type B Conjugate (Hib) Vaccine  
Pneumococcal Conjugate (PCV) Vaccine

Check the [2024-2025 School Year Required Immunization Schedule](#) and talk to your child's pediatrician about any vaccines they might be due for

## Are you, as an adult, up to date on recommended immunizations?

COVID-19	HPV
Influenza/Flu	Pneumococcal
RSV	Hepatitis A
Tdap/Td	Hepatitis B
Shingles	Mpox

Talk to your provider about vaccines that may be right for you

## Do you know about the recommended immunizations for pregnant women?

Whooping Cough/Pertussis  
Influenza/Flu  
RSV  
COVID-19  
Hepatitis B





# Bed Bugs - What They Are and How to Control Them

[www.health.ny.gov/environmental/pests/bedbugs.htm](http://www.health.ny.gov/environmental/pests/bedbugs.htm)

Bed bugs have been around for thousands of years. They feed on blood, but are not known to spread any diseases to humans. Some people can be allergic to their bites. Getting rid of a bed bug infestation is not easy, but there are steps you can take to control the problem. There are also steps you can take to avoid bringing bed bugs home.

## What are bed bugs?

- Bed bugs are small, flat wingless insects that are reddish-brown in color and approximately one-quarter inch long, before feeding (about the size and shape of a small apple seed).
- They hide during the day on beds (mattress seams, box springs, bed frames, headboards) and in cracks and crevices of walls, floors and furniture. They come out at night.
- They do not fly or jump, but they can crawl rapidly.



## How can bed bugs get into my home?

- They can come from other infested areas or from used furniture. They can hitch a ride in luggage, purses, backpacks, or other items placed on soft or upholstered surfaces.
- They can travel between rooms in multi-unit buildings, such as apartment complexes and hotels.

## How can I avoid bringing bed bugs into my home?

- When staying in a hotel, place your bag on a suitcase stand rather than on the bed or floor. Keep the rack away from walls or furniture. When returning home, wash the clothes from your trip and put them in a hot dryer.
- Inspect new and used furniture before bringing it inside. Look in seams, tufts and under cushions.

## How do I know if I have a bed bug problem?

- You can see the bed bugs themselves, their shed skins, or their droppings in mattress seams and other items in the bedroom.
- There may also be blood stains on sheets.



## How do I control a bed bug problem in my home?

It can be done, but it usually requires what is called an "integrated pest management" (IPM) approach. This combines techniques that pose the lowest risk to your health and the environment. Try these strategies:

- Clean and get rid of clutter, especially in your bedroom.
- Move your bed away from walls or furniture.
- Vacuum molding, windows and floors every day. Vacuum sides and seams of mattresses, box springs and furniture. Empty the vacuum or the bag immediately and dispose of outside in a sealed container or bag.
- Wash sheets, pillow cases, blankets and bed skirts and put them in a hot dryer for at least 30 minutes. Consider using mattress and box spring covers –the kind used for dust mite control–and put duct tape over the zippers.
- Seal cracks and crevices and any openings where pipes or wires come into the home.



## Should I also try pesticides?

Pesticides may not be effective and can be dangerous if used improperly. If you decide to use pesticides, follow these rules:

- Only use pesticides that are registered by the U.S. Environmental Protection Agency (look for the U.S. EPA Registration Number on the label) and make sure they are labeled to control bed bugs.
- Do not apply pesticides directly to your body (there are no repellents registered to control bed bugs that can be used on the human body).
- Do not use outdoor pesticides indoors.
- If you decide to hire a pest control company, make sure they have experience with bed bugs. They should follow the steps of IPM, along with any pesticide application. Use a company that is registered and employs licensed applicators. The Department of Environmental Conservation has a list of registered companies.

It takes time and persistence to get rid of bed bugs, and in some cases, the cooperation of landlords, neighbors and others. It can be physically and emotionally exhausting. It can also be expensive when pest control companies are called in. Just remember - bed bugs are more of a nuisance than a health concern and, with vigilance, you can avoid or deal with infestations.

If you are a renter, the Residential Tenants' Rights Guide can explain many of the laws that can help you and provide resources where you can find more information about landlord and tenant issues, like bed bug infestations.