

FOR THE HEALTH OF IT!



September - National Emergency Preparedness Month

Severe weather events, infectious disease outbreaks, utility failures, the list goes on. It seems like there are more large-scale emergencies than in the past. It doesn't matter the size of the emergency (think house fire vs. wild fire) having a plan can improve your chances for a positive outcome.

Here are some tips to help you during an emergency



Prior to an Emergency

- Know what hazards are likely to impact where you live, work and play (weather, forest fires, chemical incident etc.). Contact your local Office of Emergency Management to ask what hazards they have identified for your community
- Know how alerts and information will be shared in your community. Is there a local emergency preparedness app available? Will TV, radio, websites or social media be used?
- Create a strong communications plan. Be sure to include important phone numbers. Have friends and/or family that live outside your location (preferably outside your county) on your list. They can be the contact person everyone uses should something happen and let others know who they have heard from.
- Build an emergency kit for your home and one that can easily be grabbed should evacuation be required. Include any specialty items that family members may need (e.g. baby items, hearing aids, glasses, contact lenses, medications or a list of medications, etc.).
- Keep some cash on hand. How much depends on your family needs.
- Make copies of important documents (insurance forms, prescriptions, passports, birth certificates etc.) and put them on a thumb drive that's kept in the kit.
- Map out potential evacuation routes from your community. Have at least two routes just in case one route is not accessible.

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Emergency Preparedness Continued

During an Emergency

- Stay informed. Use emergency apps, social media etc. to get timely information from emergency response agencies and local officials.
- Activate your communications plan.
- Follow the advice of professionals. If you are asked to evacuate do so safely and patiently. Remember there will be others doing the same things you are doing. If you are asked to shelter in place find the safest room in your house and get there. Don't forget your emergency kit if it is not stored in that room.
- Keep calm. Easier said than done sometimes.

After an Emergency

- Follow the instructions of emergency response agencies. Do not enter areas that have not been opened back up by emergency personnel. There could be hidden dangers.
- Remind yourself that recovery takes time and is often the slowest part of an emergency.
- If using generators or alternate heat sources be careful to avoid things like carbon monoxide poisoning.
- Find out what resources may be available to you in your community (e.g. temporary shelters, food/water distribution locations, family reunification centers, etc.)
- Avoid national news which is often full of sensationalism and can cause more stress. Find local information outlets for accurate information.
- Be mindful of your family's and your own mental health. If you or a family member are struggling, ask about mental health resources in your area.

These are just a few of the tips you can use to prepared for an emergency. For more tips and resources visit <https://www.ready.gov/> or contact your local Office of Emergency Services.



Local Preparedness Information

Warren County Office of Emergency Services Emergency Notification Cellphone Application

The Warren County Office of Emergency Services has a new Emergency Notification app for Apple and Android smartphones! [Click here to learn more about it](#), or use the QR codes below to download it on your phone. Make sure to enable push notifications that will be used for emergency notification.

Apple

QR Code:



Android

QR Code:



Prevent Carbon Monoxide Poisoning



Carbon monoxide (CO) is a colorless, odorless, gas that can kill you before you are aware it is present. CO exposure is the leading cause of death due to poisoning in the United States. However, CO deaths are entirely preventable. Install CO alarms in your home and check them twice a year to make sure the batteries are working properly.

You risk CO poisoning when burning fuels such as wood, oil, natural gas, kerosene, coal, and gasoline near enclosed or occupied spaces, or under attached roofs.

- **Run generators far away from buildings.**
- **Never use a gas range or oven for warmth.**
- **Never use a charcoal grill or a barbecue grill in enclosed spaces, car ports, or covered porches.**
- **Start and run gasoline-powered mowers, weed trimmers, snow blowers, and chain saws away from buildings.**
- **Never use a stove or a fireplace unless it is properly installed and vented.**
- **Never run your car, truck, or motorcycle inside a garage that is attached to a house -- or in a detached garage with the garage door shut.**
- **Schedule annual maintenance for furnaces and other heat sources.**

Early signs of CO poisoning are headaches, dizziness, nausea, weakness, or confusion. CO poisoning should be suspected if the following happen: symptoms occur or get worse soon after turning on a fuel-burning device; more than one person in the area gets sick at the same time; or if those who are sick feel better after getting away from the area.

If you suspect CO poisoning, immediately have everyone leave the area to get fresh air. Contact the fire department and the gas company, or a heating contractor. Schedule annual maintenance on home heating systems, including furnaces, fireplaces, chimneys, and other heat sources.

September 28th is World Rabies Day!

Every year, rabies kills 70,000 people worldwide. However, fewer than 10 people die from rabies each year in the U.S. thanks to efficient prevention efforts. Around 4,000 animal rabies cases are reported each year in the U.S., with more than 90% occurring in wildlife like bats, raccoons, skunks, and foxes.

The decrease in human deaths from rabies is directly related to:

- successful vaccination of pets and animal control programs
- public health tracking and testing of human and animal rabies cases
- the availability and use of rabies-related medical care, called post-exposure prophylaxis (PEP)

Public Health programs follow up on all potential rabies exposures to determine if testing or treatment is necessary.

If you are bit by an animal or potentially exposed in another way, call Warren County Public Health for guidance, 518-761-6580.

September - Fall Prevention Month

Falls are a leading cause of serious injuries in older adults that can lead to hospitalization, nursing home admission, and even death. Hip fractures and head injuries are the most common injuries resulting from a fall. Many falls are preventable with some small changes you can make. Falls rarely have a single cause. Usually, a person has several risk factors that combine to make a fall more likely. The chance of falling increases as we get older. Health problems such as pain, heart disease, muscle weakness, poor balance or vision, foot problems, Parkinson's disease, dementia, and even certain medications can increase your chance of falling. Risky items around the home (throw rugs or poor lighting) make falls more likely as well.

If you are an older adult or helping to care for an older person here are some tips to help you avoid falls

Tell your healthcare provider if you have had a fall. If you fall, let your healthcare provider know right away. It is important to tell them, even if you were not injured. Think carefully about what might have caused the fall.

A fall could also be related to a medical problem. Talking with your healthcare provider about a fall evaluation may be needed, and helpful, to find the cause and help reduce your risk of another fall.

Review your medications. Put all of your medications in a bag and bring them with you to your next visit with your healthcare provider. This includes prescription drugs, over-the-counter medications, vitamins, or any other pills that you take.

Make a fall prevention plan with your healthcare provider. Your healthcare provider may check your balance, how you walk, and your leg strength. They will also check your blood pressure, heart rate and rhythm, plus your vision and hearing. Based on what your provider finds they may recommend therapy, assistive devices (cane, walker) or medication changes.

If you have more than one risk factor, it may take more than one visit or conversation to ensure that the best fall prevention plan is in place.

Get regular vision and hearing checks. Your vision and hearing are part of your balance? Getting regular checkups, and updating your eyewear and hearing aids can help you stay more balanced and mobile.

Make your home safer. Clear clutter, keep walkways clear, add additional lighting to dimly lit rooms, remove or tape down area and throw rugs, keep cords secure, add hand rails and grab bars to your stairs and bathroom, wear slip resistant shoes and footwear.

Rabies Vaccination Clinic in September!

Saturday September 14th

Chester Fire House

State Route 8

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!

Back to School Safety



September is Food Safety Awareness Month

FOOD SAFETY

COOK

cook to proper temperatures

SEPARATE

do not cross-contaminate

CLEAN

wash hands and surfaces often

CHILL

refrigerate promptly

give bacteria no chance

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StateFoodSafety

DRIVERS

Watch for pedestrians!

Especially children walking on the street or congregating near bus stops
Be alert. Children arriving late for the bus may dart into the street without looking

Yellow flashing lights indicate that the bus is preparing to stop to load/unload children. Motorists should slow down and prepare to stop

Red flashing lights and extended stop arms indicate that the bus has stopped, and children are getting on or off.



Motorists must stop their cars and wait until the red lights stop flashing, the extended stop sign is withdrawn, and the bus begins moving before driving again.

CHILDREN

Crossing any road is dangerous!

- Get to the bus stop ahead of time
- When the bus approaches, stand at least three giant steps (6 feet) away from the curb, and line up away from the street.
- If you have to cross the street in front of the bus, walk along the side of the road (least five giant steps) ahead before you cross.
- Be sure that the bus driver can see you & you can see the driver.
- Never walk behind the bus.
- Walk at least three giant steps away from the side of the bus.

PARENTS

Teach children to follow these safety tips to arrive safely everyday!

FEELING SICK?

Your manager needs to know.



VOMITING

INFECTED SORES

DIARRHEA

YELLOWING OF EYES

SORE THROAT

WITH A

FEVER

If you are suffering from any of these symptoms, you must report them to your manager before

Managers are required to report the following foodborne illnesses to the Health Department:

- Salmonella - Norovirus - Hepatitis A - Shigella - E. Coli -

For more information, www.fda.gov/food/consumers/food-safety-education-month



Sexual Health and Gynecological Cancer Awareness Month

Sexual health is defined as "the ability to embrace and enjoy our sexuality throughout our lives" and is a state of physical, emotional, mental, and social well-being in relation to sexuality. Sexual health is important for everyone, regardless of gender identity or expression, sexual orientation, or status.

Protecting your sexual health includes knowing how to prevent and control the spread of STIs/HIV - using condoms, getting tested and treated, and having open conversations with your partner(s). Sexually transmitted infections (STIs) are common, but most can be cured, and all can be treated. Since a STI may not have symptoms, getting tested is the only way to know for sure if you have one. Getting treated early can prevent the chance of long-term health problems.

Did you know that NYS has a program that allows health care providers to give medication or a prescription to patients diagnosed with chlamydia, gonorrhea, and/or trichomoniasis to deliver to their partner(s), so they can also be treated, without requiring an examination - it's called Expedited Partner Treatment (EPT).

Gynecological cancers are cancers of the female reproductive system, including the cervix, ovaries, uterus, vagina, and vulva. According to the National Cancer Institute, more than 108,000 women in the U.S. are expected to be diagnosed with a gynecological cancer in 2024.

Each gynecological cancer is unique, with different signs and symptoms, different risk factors, and different prevention strategies. Visit the CDC's website to read more about the different cancers.

The Human Papillomavirus (HPV), is a very common sexually transmitted infection. The HPV vaccine protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers. HPV vaccination is recommended for preteens aged 11 to 12, but can be given starting at age 9. The Pap test also helps prevent cervical cancer by finding precancers, cell changes on the cervix that might become cervical cancer if they are not treated appropriately.

It's important to talk with your provider about gynecological cancers so they can determine if you are at an increased risk due to family history or other existing factors.

Newborn Screening Awareness Month

Newborn screening identifies conditions that can affect a child's long-term health or survival. Early detection, diagnosis, and intervention can prevent death or disability and enable children to reach their full potential.

Quick facts about NYS Newborn Screening:

- A small blood sample is collected by pricking your newborn's heel usually 24-36 hours after birth.
- The blood is used to screen for 50 different disorders.
- There is no charge to you for this service.
- Most newborns will not have one of these disorders.
- Newborns with one of these disorders may look healthy at birth, which is why the testing must be performed to find those with a disorder. The earlier treatment is started, the better the outcome is for your newborn.



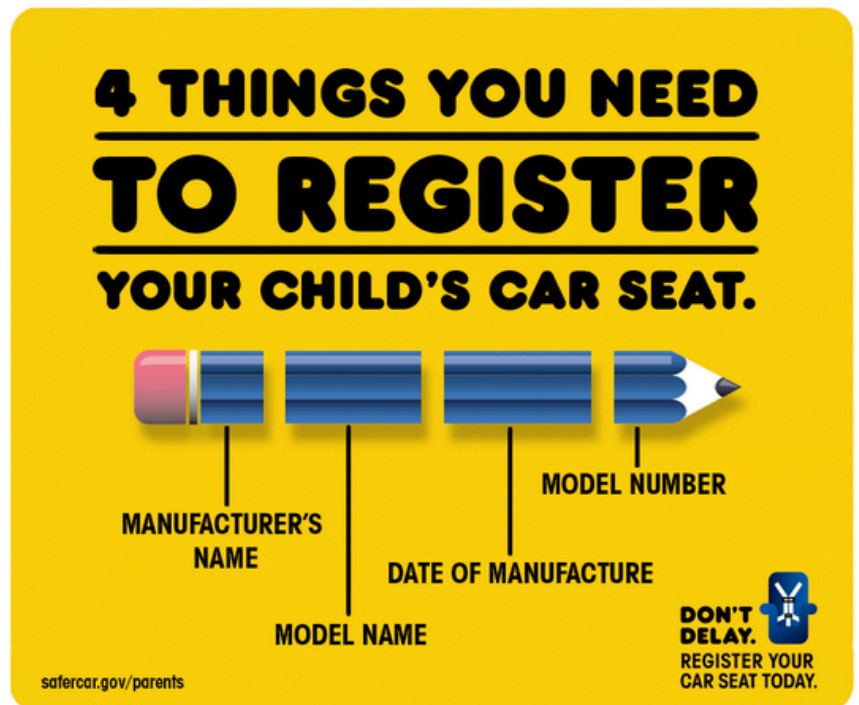
September 15- 21 is Child Passenger Safety Week

It is an annual event to ensure children are safe on the road.

- Keeping children safe while traveling is a top priority for parents and caregivers, and often parents seek out information regarding car seat safety.
- Car seats are a leading cause of death for children.
- National Highway Traffic safety Administration (NHTSA) urges parents and caregivers to double-check and make sure their children are in the right seats (rear-facing, forward-facing, or booster seats) and that the seats are installed correctly.

“GOOD ENOUGH” may not be good enough in a crash.

- The goal is to make sure children are in the correct car seat, that the seat is properly installed and used, and that the seat is registered with the manufacturer.
- During Child Passenger Safety week, local agencies host car seat check events across the state.
- Certified child passenger safety technicians are available to inspect car seats and provide parents and caregivers with safety information and education.
- For more information, from purchasing the correct car seat according to a child’s weight and height, to properly installing it, and when to move them to the next type of seat, visit:



<https://www.trafficsafetymarketing.gov/safety-topics/child-safety/car-seats-boosters-seat-belts>