



April 21-25 is Every Kid Healthy Week

This is an annual celebration of school health and wellness achievements. Each day shines a spotlight on the actions schools and families are taking to improve the health and wellness of their kids. Anyone can take action during Every Kid Healthy Week by following the daily themes or building your own activities based on your needs or schedule. Here’s some activities you can do during Every Kid Healthy Week

- Read a book together
- Limit screen time
- Practice self-awareness
- Educate yourself and your kids on
- Play with your food using food art
- nicotine prevention
- Have a family game night
- Engage in physical activity together

Find more information and activities at www.actionforhealthykids.org

EVERY KID HEALTHY WEEK

2025 SCHEDULE

<div>APRIL</div> <div>21</div> <div>MINDFULNESS MONDAY</div>	<div>APRIL</div> <div>22</div> <div>TASTY TUESDAY</div>	<div>APRIL</div> <div>23</div> <div>WELLNESS WEDNESDAY</div>	<div>APRIL</div> <div>24</div> <div>THOUGHTFUL THURSDAY</div>	<div>APRIL</div> <div>25</div> <div>FAMILY FRIDAY</div>
CHILD HEALTH FOCUS				
<div>Social Emotional Health</div> <div></div>	<div>Nutrition Education</div> <div></div>	<div>Physical Activity</div> <div></div>	<div>Risk Prevention and Education</div> <div></div>	<div>Family Engagement</div> <div></div>

IN THIS ISSUE

Every Kid Healthy Week.....	1
Immunization Awareness.....	2
STI Awareness Week	2
Be Tick Free.....	3
April is Alcohol Awareness Month ...	3
April is Stress Awareness Month	4
National Prescription Drug Take Back Day	4
National Public Health Week	5
Rabies Vaccination Clinic.....	5

Immunization Awareness

April is a busy month for immunization awareness, hosting Adolescent Immunization Action Week (AIAW), National Infant Immunization Week (NIIW), and World Immunization Week. Each of these weeks celebrate and promote the life-saving power of immunization to protect people of all ages against vaccine-preventable diseases. Vaccines are one of humanity's greatest achievements. Since 1974, they've saved 154 million lives, reduce infant deaths by 40%, and the measles vaccine alone accounts for 60% of those lives saved.

How do vaccines work?

Vaccines help the body learn how to defend itself from disease without the dangers of full-blown infection. The immune response to a vaccine might cause tiredness and discomfort for a day or two, but the resulting protection can last a lifetime.

Vaccines work by imitating an infection - the presence of a disease-causing organism in the body - to engage the body's natural defenses. The active ingredient in all vaccines is an antigen, the name for any substance that causes the immune system to begin producing antibodies. In a vaccine, the antigen could be either

- Weakened or killed bacteria or viruses
- Bits of their exterior surface or genetic material, or
- Bacterial toxin treated to make it non-toxic

History shows that vaccines are the safest, most effective way to protect yourself and your family from many preventable diseases.

The immunization schedule is carefully designed to provide protection at just the right time. It's based on how your child's immune system response to vaccines at various ages, and how likely your baby is to be exposed to a particular disease. It can take weeks for a vaccine to help your baby make protective disease-fighting antibodies, and some vaccines require multiple doses to provide best protection. If you wait until you think your child could be exposed to a serious illness - like when they start daycare or during a disease outbreak - there might not be enough time for the vaccine to work. The immunization schedule is designed to provide immunity early in life, before children are likely to be exposed to life-threatening diseases.

Some Diseases Preventable by Vaccines

Chickenpox Mumps
Diphtheria Polio
Hepatitis A Pneumococcal
Hepatitis B Rotavirus

Hib (Haemophilus influenza type B) RSV (Respiratory Syncytial Virus)

HPV (Human Papillomavirus) Rubella

Measles Tetanus

Meningococcal Whooping Cough (Pertussis)

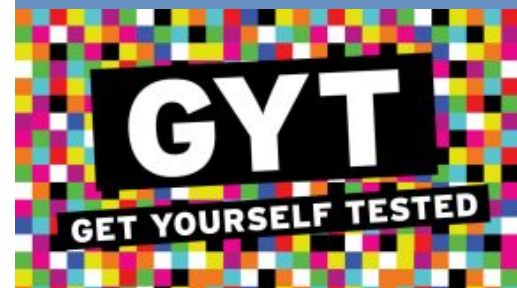


STI Awareness Week

The second week of April provides an opportunity to raise awareness about sexually transmitted infections (STIs). Nearly 1 in 5 people in the U.S. have a STI. However, STIs are not inevitable, and they can be prevented and treated.

Research shows that people may not believe they are at risk for STIs, even if they're engaging in risky behavior. As a result, they don't take steps to keep themselves healthy.

If you're sexually active, you should have a "game plan" in place. You should talk with your partner(s) about sex, sexual health, and how to keep one another healthy. You should be using condoms from start to finish when you have sex to protect yourself from STIs.



If you are sexually active, getting tested for STIs is one of the most important things you can do for yourself. Have an open and honest conversation with your healthcare provider about your sexual history to help them understand what STI tests you may need.

Testing positive for an STI is not the end. Many STIs are curable and all are treatable. If you or your partner has an STI, both of you need to start treatment immediately. Getting treated right away can help you avoid health problems down the road.



Be Tick Free!

It's officially spring time, which means we are entering tick season again. It's important to learn how to prevent a bite, how to remove a tick and what to do if you think you could have a tick-borne disease.

Before you go outdoors:

- Know where to expect ticks. They live in grassy, brushy, or wooded areas, or even on animals. Many people get ticks in their own yard or neighborhood.
- Treat clothing and gear with products containing 0.5% permethrin.

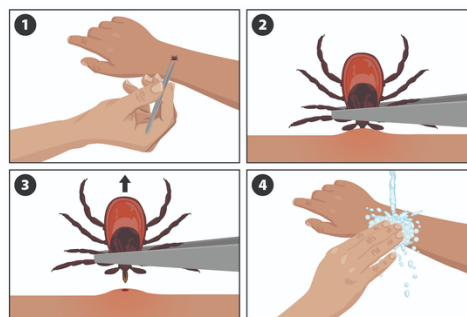
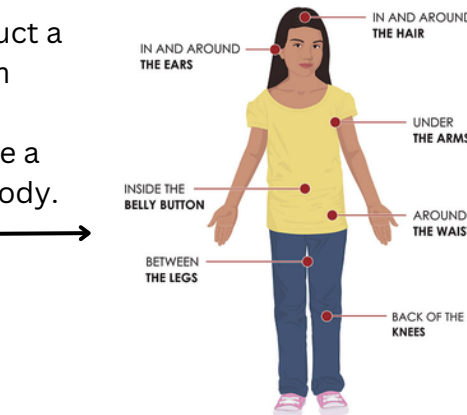
TREAT CLOTHING WITH PERMETHRIN



- Avoid contact with ticks. Avoid wooded and brushy areas with high grass, leaf litter. Walk in the center of trails.
- Use Environmental Protection Agency (EPA) registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), or other products found on EPA's helpful search tool.

After you come indoors:

- Check your clothing for ticks. Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing. If the clothes are damp, additional time may be needed.
- Examine gear and pets. Ticks can ride into homes on clothing and pets, then attach to a person later.
- Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases.
- Check your body for ticks. Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a mirror to view all parts of your body. Don't forget these spots →
- If you find a tick attached to your skin, simply remove the tick as soon as possible. Use clean, fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. Pull upwards, don't twist! After removing the tick, thoroughly clean the bite area with soap and water. →



April is Alcohol Awareness Month

WHAT COUNTS AS A DRINK ?

US Standard Drink Sizes



12 ounces
5% ABV beer



8 ounces
7% ABV malt liquor



5 ounces
12% ABV wine



1.5 ounces
40% (80 proof)
ABV distilled spirits
(gin, rum, vodka,
whiskey, etc.)

ABV = Alcohol by Volume

The purpose is to raise awareness and understand alcohol use and misuse, and to provide communities with resources and support.

The focus of this month is seen as an opportunity to educate about alcohol use disorder (AUD) and its adverse effects on health and society.

It encourages discussions about alcohol use, particularly with teens, to equip them with knowledge to handle situations involving alcohol.



This month is observed to recognize and bring attention to the negative impacts of stress. It has been held every April since 1992 to raise awareness of the causes and cures for our modern-day stress epidemic.

- Everyone experiences occasional stress; it is a normal part of life.
- Long-term stress can lead to worsening health problems.
- Stress can cause-
 - Feelings of fear, anger, sadness, worry, numbness or frustration.
 - Changes in appetite, energy, desires and interests.
 - Trouble concentrating and making decisions.
 - Nightmares or problem sleeping.
 - Headaches, body pains, stomach problems, or skin rashes.
 - Increased use of alcohol, drugs and other substances.
- Managing stress daily can prevent you from developing long-term stress. Some ways to manage stress include-



GET HELP NOW

if you or someone you know is struggling or in crisis, help is available. **Call or text 988 or chat**
988lifeline.org

DEA National Prescription Drug Take Back Day

APRIL 26 2025

Too often, unused prescription drugs find their way into the wrong hands, which is dangerous and often tragic.



DEA is committed to making our communities safer and healthier, by reducing overdoses and overdose deaths.

Medication Drop Off Locations:

Glens Falls City Police Department

42 Ridge St Glens Falls NY 12801.

Warren County Sheriff's Office

1400 State Route 9 Lake George NY 12845

National Public Health Week

April 7th-13th

What is Public Health?

Public health is a field that's dedicated to improving our health and well-being. Public health experts assess the needs of particular groups, or populations, rather than the needs of any one person. This makes public health different from healthcare, which involves diagnosing and treating individuals. Such a big-picture approach allows public health efforts to benefit lots of people at once — including you and those you love.

For example, data might show that swimming pool accidents are a leading cause of injury or death for children in a certain community. In response, public health experts may help community leaders develop a plan to offer free swim classes. They may also craft educational materials on water safety for parents. Such changes can help you and your family in ways that complement advice from your pediatrician.

Public health experts don't focus on one specific family or child. Instead, they zoom out to understand the health of entire populations. Over time, across many communities, this can have a big impact.

Why is Public Health Important?

Public health professionals try to prevent problems from happening or recurring through implementing educational programs, recommending policies, administering services and conducting research—in contrast to clinical professionals like doctors and nurses, who focus primarily on treating individuals after they become sick or injured. Every day, the public health field is working – often behind the scenes – to prevent hazards and keep people healthy.

Who Works in Public Health?

Public health professionals, also sometimes called public health workers or experts, include:

- **Epidemiologists.** These “disease detectives” study patterns of health and disease among specific groups.
- **Health education specialists.** These health educators teach people about their bodies and help them access healthcare services.
- **Public health nurses and physicians.** These doctors and nurses specialize in public health. They work at community health centers and often take on leadership roles.
- **Community health workers.** These trusted liaisons get to know a specific community's needs and connect them with health services.
- **Biostatisticians.** These experts collect, organize and interpret health-related data. Their work helps policymakers and others make important decisions.
- **Occupational health and safety specialists and technicians.** These experts ensure that workplaces meet safety requirements. Their inspections help keep workers safe.
- **Restaurant inspectors.** These professionals ensure restaurants follow health and safety standards. Their work allows you to enjoy your meal without getting sick afterward.



Rabies Vaccination Clinics

Saturday April 26th 10am-Noon
Queensbury Community Center
742 Bay Rd

Saturday May 17th 10am-Noon
Chester Fire House
State Route 8

Saturday July 12th 10am-Noon
Queensbury Community Center
742 Bay Rd

Saturday August 9th 10am-Noon
Chester Fire House
State Route 8

Saturday September 13th
10am-Noon
Queensbury Community Center
742 Bay Rd

Saturday October 18th
10am-Noon
Queensbury Community Center
742 Bay Rd

Pets must be 3 months of age to receive their first immunization. Both initial and booster shots will be given at all clinics.

A \$10 donation is required for each pet, but no one is turned away due to financial hardship.

