

# Just for the Health of It

Warren County Public Health Newsletter July 2022

## Your Breastfeeding Rights

New York State has laws that protect mother's rights to breastfeed

Under NYS Labor Law Section 206-C Breastfeeding in the Workplace Accommodation Law (2007), your employer cannot discriminate against you for choosing to breastfeed your baby or for pumping milk at work.

This law guarantees breastfeeding mothers the right to pump milk at work for three years after giving birth. They have the right to use paid break or meal times, or reasonable unpaid break times, to pump milk. Employers must attempt to accommodate an employees' request for a private place to pump milk. They cannot discriminate against employees who choose to pump milk at work or retaliate against women who assert their rights to do so.

[New York State Breastfeeding Bill of Rights](#)

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## Health Events

Warren County WIC is celebrating World Breastfeeding Week August 1-7 by organizing an interactive session at the Glens Falls Farmer's Market on Aug. 6th from 9 am-Noon. Join them to get your queries answered from their experts, receive Farmer's Market coupons, and put in a raffle ticket for a chance to win fun Breastfeeding promotional items. See you there!



Warren County  
Public Health

# Immunizations

*With school around the corner and winter sickness creeping up fast, it's important you protect yourself and your family. Make sure to get vaccinated and keep everyone around you safe.*

You want to do what's best for your family to keep them safe. You know about the importance of car seats for your children. You make sure everyone has their sunscreen before going out in the summer sun. But, what about the shots that are so important to your family's good health?

Vaccinations are one of the best ways to protect your loved ones from getting sick. Here are some reasons why it's important to keep your family's shots on track.

**1. Vaccines are safe, and they work.** When shots are given on time throughout childhood, they help provide protection before your child is exposed to serious diseases. Vaccines are tested to ensure they are safe and effective for children (and adults) to receive at the recommended ages. [See your vaccine schedule.](#)

**2. Immunization protects others you care about.** People in the United States still get diseases that can be prevented with vaccines. Measles and whooping cough (pertussis) are some examples. There are still between 10,000 and 50,000 cases of whooping cough each year in the U.S., and about 10 to 20 babies die from it each year. While some babies are too young to get a vaccine, others may not be able to receive certain shots due to severe allergies or certain medical conditions. To help keep them safe, it is important that you and your children who are able to get vaccinated do so. This not only protects your family, but also helps prevent your friends and loved ones from becoming ill.

**3. Vaccines save your family time and money.** Some diseases that are preventable result in long-term health problems. This can lead to time away from work for you or school for your child, and added medical bills. Getting vaccinated at the right time against these diseases saves you money, and most vaccinations are covered by

insurance.

**4. Many schools and daycares require shot records.** Because proof of immunization is required for enrollment in school or daycare, it's important to keep your children up to date on their vaccines. They will be protected from diseases that spread easily among children in group settings that could cause them serious health problems. The new school year will be here soon. Now is the perfect time to schedule a time to vaccinate your children.

**5. Our future health depends on today's vaccines.** Safe and effective vaccines have greatly reduced or gotten rid of many diseases that once killed or injured people. It may not always seem like an important to-do, but staying on track with immunizations can protect your child when he or she is older. If you continue with recommended vaccinations, and do it fully, we might be able to eradicate some preventable diseases so they can't harm your children or grandchildren. If your child is going back to school, take a look at the [NYS DOH Vaccine requirements](#). If you're an adult and need vaccines, [check out the CDC Vaccine page](#)

**6. Vaccines Aren't Just for Kids—You Can't Afford to Get Sick**

You have a busy life and too much responsibility to risk getting sick. Vaccines can help you stay healthy so you don't miss work. If you can avoid getting sick, you will have more time for your family, friends and hobbies.

Getting recommended vaccines can give you some peace of mind. You will have the best possible protection available against a number of serious diseases.

If you have trouble paying for any of your child's vaccines please visit the [New York State DOH VFC Program](#) website or contact Warren County Public Health at 518-761-6580.



# Breastfeeding

*Breastfeeding is becoming more and more prevalent and it can be hard on a new mom. We put together a list of support groups with certified lactation consultants to help you better prepare for the amazing life of a parent!*

Breastfeeding is done by parents all over the world. Breastfeeding reinforces bonds between mom and baby, provides superior nutrition, speeds recovery from labor and helps protect your baby from disease. However, raising a child is difficult. You often get little support coming home from the hospital and it can be stressful. With this, lactation support groups understand the struggles of being a parent. They make sure to have the time for you and answer any of the burning questions you have.

A good support group is run by a lactation consultant who understands the complexities of being a breastfeeding mom. It can be a great way to build a community for moms who would otherwise be isolated.

Some moms in these groups are brand new to breastfeeding and some aren't. The lactation consultant should bring a scale so moms can weigh their babies, and while she can't do a medical consult, she should help with the latch and provide tips to improve your breastfeeding experience. And...it's a safe place to breastfeed without covering up!

Much more than breastfeeding goes on when moms get together and the facilitator is good. Typically lactation support groups talk about:

- normal newborn behavior
- stuff moms read on the internet that they're wondering about
- pees and poops
- nursing in public
- baby's weight
- starting solids

- going back to work
- sleep deprivation
- whether or not to "sleep-train"
- whether or not to co-sleep
- baby wearing
- the effect baby has on a relationship
- other parenting issues

It's always such a joy for moms to support each other, while they grow

## **ADIRONDACK PEDIATRICS**

84 Broad St  
Glens Falls, NY 12801  
518-798-9538

## **GLENS FALLS PEDIATRIC CONSULTANTS**

1 Lawrence St  
Glens Falls, NY 12801  
518-798-9985

## **HUDSON HEADWATERS HEALTH NETWORK – WARRENSBURG HEALTH CENTER**

3707 Main St  
Warrensburg, NY 12885  
518-623-2844

## **Pediatric and Adolescent Health - HHHN**

28 S Western Avenue  
Queensbury, NY 12804  
518-798-6400

## **Warren County WIC—Breastfeeding Coordinator & Certified Lactation Consultants**

1340 State Route 9  
Lake George NY, 12845  
518-761-6425

## **Glens Falls Hospital—Bundle of Joy Baby Café**

100 Park Street  
Glens Falls, NY 12801  
518-926-1000

# Back to School Vaccinations

Children attending day care and pre-K through 12th grade in New York State must receive all required doses of vaccines on the recommended schedule in order to attend or remain in school. This is true unless they have a valid medical exemption to immunization. This includes all public, private, and religious schools. A medical exemption is allowed when a child has a medical condition that prevents them from receiving a vaccine. There are no nonmedical exemptions to school vaccine requirements in NYS.

The CDC's Advisory Committee on Immunization Practices (ACIP) establishes the recommended vaccine schedule and determines when vaccines are due.

## Important school immunization information

Within 14 days of the first day of school or day care, parents must:

Show proof of their child's up-to-date vaccinations, or provide a valid medical exemption from vaccination.

In order to attend or remain in school or day care, children who are unvaccinated or overdue must receive at least the first dose of all required vaccines within the first 14 days. They also must plan to receive all follow-up doses at the ages and intervals (time between doses) listed in the recommended vaccination schedule.

## [Vaccines Required For Daycare, Pre-K & School Attendance](#)

- Diphtheria and Tetanus toxoid-containing vaccine and Pertussis vaccine (DTaP or Tdap)
- Hepatitis B vaccine
- Measles, Mumps and Rubella vaccine (MMR)
- Polio vaccine
- Varicella (Chickenpox) vaccine

How much of a difference do vaccines make? Take a look at this chart from the [Centers for Disease Control and Prevention](#)