

Community Health Assessment Newsletter

Warren County Public Health Newsletter

Warren County Public Health has started a newsletter to bring attention to important events and health observances for the upcoming month. This newsletter hopes to address some of the many public health topics that face our county everyday. For further questions regarding events, topics in this issue, or general public health questions, please contact the Health Services building at 518-761-6580.

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Did You Know?

Did you know? More than half of all car seats are installed incorrectly. A correctly used car seat can reduce the risk of death by as much as 71%.

1 Top Tips about Car Seat Safety

Buying the right car seat. Your baby needs to ride in a rear-facing car seat as long as possible until 2 or more years. When your child has outgrown that seat, you are ready for a forward-facing car seat. Get more details about [buying the right car seat](#) for your child.

Installing your car seat. You'll need to decide on using either the seat belt or lower anchors to secure your car seat. Both are safe, but don't use them both at the same time. Once your child is forward facing, it is important to use the tether with the seat belt or lower anchors. Get more details about [installing your car seat](#).

Getting the right fit. A properly-fitted harness gives the best possible protection for your child. Here are more details about getting the [right fit for your child](#).

When to change your car seat. Look on the car seat label to make sure your child is still within the weight, height and age limits for that seat. Get details about [when to change your car seat](#).

Car Seat Fitting Stations in Warren County

AAA Northway

345 Bay Road
Queensbury, NY 12804

KELLEY BAKER. [\(518\) 761-6058](tel:5187616058)

Appointment Required

Warren County Sheriff's Office

1400 State Route 9
Lake George, NY 12845

[\(518\) 743-2500](tel:5187432500)

Appointment required



Outdoor Safety And Poison Control



As the weather warms up, it's important to get outside but also important to keep our children safe. Read on to understand the risk of poisoning from fertilizer, poison plants such as poison ivy, poison oak, and poison sumac.



As Spring arrives in the Northeast many people in our area begin their annual yard clean up and beautification. Gardeners are busy getting their beds ready for planting. Spring is also the time for seasonal pests. What does all of this mean? The risk of coming in contact with chemicals, fertilizers and plants that could be poisonous goes up. Young children can be especially vulnerable. Many of the fertilizers people use are colorful and could resemble candy. Often pesticides used around a home come in spray bottles that to a child may look like squirt guns. Plants often have bright flowers or berries. Here are some tips to keep you and family safe while working around your home...

Pesticides/fertilizers

- Keep all pesticides/fertilizers in a storage unit that can be locked.
- Follow all manufacturer instructions for proper use.
- Pesticides (pest killers) can be taken in through the skin or inhaled and can be extremely poisonous. Even leather shoes and gloves do not offer full protection.
- Stay away from areas that have been sprayed until the spray has dried or for at least one hour.
- Wear protective clothing when using bug spray or other spray products. Put on a long-sleeve shirt, long pants, socks, shoes, and gloves. Remove and wash clothing after using chemicals.
- If pesticides are splashed onto the skin, rinse with running water for 15 to 20 minutes. If pesticide contacts clothing, take off the clothing before rinsing skin.

Many garden chemicals are poisonous if swallowed or inhaled by children and adults.

Mushrooms/Plants

- Only experts can tell poisonous mushrooms from safe mushrooms.
 - Poisonous mushrooms, called "death caps," often grow in yards and parks.
 - Eating even a few bites of certain mushrooms can cause liver damage that can kill you.
 - When gardening keep a list of the types of flowers/plants you are growing in case of accidental ingestion
- Remind children to never touch or pick plants, flowers or berries without asking an adult.

If you suspect someone has been exposed to a poison take the following steps

- If they have a life threatening condition (trouble breathing, unconsciousness) call 9-1-1 right away
- If safe to do so remove the person from the source of poison
- Call the poison control hotline at 1-800-222-1222 if the person is not experiencing immediate life threatening conditions
- Have the packaging available if possible
- Include the amount of the poison ingested if possible

Gather the person's age, weight, route of exposure (ingested, inhaled, skin contact) if possible. By taking a few precautions you can reduce the risk of poisoning for you and your family. For more information about poison prevention go to

<https://www.upstate.edu/poison/index.php>





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Students and the Mental Health Crisis



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Students around the world are showing signs of decreasing mental health. With increased stress from the pandemic, higher expectations being placed on children, a world full of social media, and a world where more and more life altering events are occurring, who can blame them? We asked local experts for their take on the rising issue and how would they recommend navigating that tricky conversation?

Around the world, students are reporting more mental health illnesses than any other generation before them. With this, Warren County Public Health asked the following question.

What is going on?

If you spend ten seconds on any social media platform, you're more than likely to find some form of a mental health quote. Whether it is somebody posting it on their Instagram story and saying "this" or they're posting it on their Facebook timeline, more and more people are talking about mental health. What was previously unheard of, is now becoming more and more common and has even gotten the attention of some experts.

"Mental health challenges in children, adolescents, and young adults are real and widespread. Even before the pandemic, an alarming number of young people struggled with feelings of helplessness, depression, and thoughts of suicide—and rates have increased over the past decade," Surgeon General Vivek Murthy stated. The numbers back up the claim also, Almost 37% of students had a persistent feeling of hopelessness, coupled with nearly 19% of students having seriously contemplated suicide.

Mental Health is becoming a

larger and larger topic to cover for not only students but the general public as well. Students are held to higher expectations, live in a world where life changing events are happening everyday, spent two years in a pandemic, and are balancing life decisions such as peer relationships, choosing a college, or figuring out what they want to do with their life. To say that students are stressed, is a bit of an understatement. Students are constantly expected to do more, however, there comes a price.

Students are often lacking in support whether it is in school, in the community or at home. We searched through the CDC and asked our

"The shuttering of the American education system severed students from more than just classrooms, friends and extracurricular activities. It has also cut off an estimated 55 million children and teenagers from school staff members whose open doors and compassionate advice helped them build self-esteem, navigate the pressures of adolescence and cope with trauma."

- New York Times

office of Community Services for their tips and how to start the conversation with students about mental health. The topic may seem tough, however there is some hope. The stigma around mental health is declining and the younger generation is speaking more about mental health.

In fact, this generation is 27% more likely to report a poor or fair for their mental health in surveys compared to other generations. The point being, mental health is being put into the spotlight for this generation.

Talking can still be hard, but we compiled a list of tips you can use to start the conversation.

Starting the conversation is

News-bites

- ◆ Children are reporting worse mental health every year
- ◆ 40% more students reported increased feelings of prolonged sadness compared to just 10 years ago
- ◆ The second leading cause of death among young adults is suicide
- ◆ 39% of students in college experience a mental health issue

actually really easy. All you need to do is understand three concepts.

Listen, validate, and most importantly, stop judging.

When we say listen, we mean really listen. People are willing to accept help if you just listen for it. We don't mean they have to say "I am not okay." But they may try to hide it with, "I've been better," or "It's really nothing." These terms should be red flags and it's important to let them know you're there to talk even if they don't want to right away.

Secondly, you should validate. It's okay if you don't think it's a big deal that they got an 89 on a test. How you view that grade though, does not mean they view it the same way. Everyone has different struggles and it's important to understand that these are real issues, even if you don't feel it that way.

Lastly, stop judging. It's just that simple. Regardless of what someone is feeling, that doesn't make them any less of a person. People deserve to feel the way they do, regardless of what that is.

In a world full of judgement, opening up to someone is difficult, so remember. Always listen, validate and never, ever judge.

Upcoming Events In May 2022!

5th

Our Public Health Educators will be on hand at Cole's Woods in Glens Falls (Fire Road entrance) and Rush Pond Trail in Queensbury (West Mountain Road entrance) between 1 p.m. and 3 p.m. to hand out tick prevention kits. Rain Date is the 6th

Our Public Health Nurses will be available to offer the second FDA-approved Moderna booster for individuals that are 50 and up. Masks are required as well as appointments which can be made on the Warren County Covid Hub page.

Every
Tuesday

May Health Observances

- Mental Health Month
- Stroke Awareness Month
 - Teen Pregnancy Awareness Month
- Hepatitis Awareness Month
- High Blood Pressure Education Month
- Skin Cancer Prevention Month
- 5/6-5/12 National Nurses Week
- 5/8-5/15 Women's Health Week
- 5/3 World Asthma Day
- 5/31 No Tobacco Day