



UV Awareness Month

The American Academy of Dermatology (AAD) encourages you to #PracticeSafeSun whenever you're outdoors. When you Practice Safe Sun, you protect your skin from the sun's harmful rays. Here's why it's important:

- The sun's harmful rays can cause skin cancer.
- Everyone is at risk of getting skin cancer; about 1 in 5 Americans will develop skin cancer during their lifetime.
- Skin cancer is one of the most preventable cancers.
- When you protect your skin from the sun's harmful rays, you reduce your risk of developing skin cancer as well as premature skin aging.

To protect your skin from the sun's harmful rays, dermatologists recommend that you:



Seek shade

Seek shade when appropriate, remembering that the sun's rays are the strongest between 10 a.m. and 2 p.m. You can also look at your shadow. Any time your shadow is shorter than you, seek shade.



Wear sun-protective clothing

Wear a lightweight and long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with UV protection, when possible. For more effective protection, select clothing with an ultraviolet protection factor (UPF) number on the label.



Apply sunscreen

To all skin not covered by clothing, apply a sunscreen that offers:

- Broad-spectrum protection
- Water resistance
- SPF of 30 or higher

When this sunscreen is also a tinted sunscreen with iron oxide, you better protect your skin from dark spots. Iron oxide protects your skin from the sun's visible light. Tinted sunscreens do not leave the white residue or "cast" on your skin that some sunscreens do. Choose a tinted sunscreen that matches your skin tone.



Remember to reapply your sunscreen every 2 hours or after swimming or sweating.

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Lightning & Severe Weather Safety Tips From the National Weather Service

Lightning: What You Need to Know

- NO PLACE outside is safe when thunderstorms are in the area!!
- If you hear thunder, lightning is close enough to strike you.
- When you hear thunder, immediately move to safe shelter: a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up.
- Stay in safe shelter at least 30 minutes after you hear the last sound of thunder.

Indoor Lightning Safety

- Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity.
- Avoid plumbing, including sinks, baths and faucets.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors, and do not lean against concrete walls.

Last Resort Outdoor Risk Reduction Tips

If you are caught outside with no safe shelter anywhere nearby the following actions may reduce your risk:

- Immediately get off elevated areas such as hills, mountain ridges or peaks
- Never lie flat on the ground
- Never shelter under an isolated tree
- Never use a cliff or rocky overhang for shelter
- Immediately get out and away from ponds, lakes and other bodies of water
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.)

Tornado Preparedness

- **Be Weather-Ready:** Check the forecast regularly to see if you're at risk for tornadoes. Listen to local news or a [NOAA Weather Radio](#) to stay informed about tornado watches and warnings. Check the [Weather-Ready Nation](#) for tips.
- **Sign Up for Notifications:** Know how your community sends warnings. Some communities have outdoor sirens. Others depend on media and smart phones to alert residents of severe storms capable of producing tornadoes.
- **Create a Communications Plan:** Have a family plan that includes an emergency meeting place and related information. If you live in a mobile home or home without a basement, identify a nearby safe building you can get too quickly, such as a church or family member.
- Pick a safe room in your home, such as a basement, storm cellar, or an interior room on the lowest floor with no windows. Check more ideas for your family plan at: <https://www.ready.gov/make-a-plan>
- **Practice Your Plan:** Conduct a family severe thunderstorm drill regularly so everyone knows what to do if a tornado is approaching. Make sure all members of your family know to go there when tornado warnings are issued. Don't forget pets if time allows.
- **Prepare Your Home:** Consider having your safe room reinforced. You can find plans for reinforcing an interior room to provide better protection on the [Federal Emergency Management Agency](#) website.
- **Help Your Neighbor:** Encourage your loved ones to prepare for the possibility of tornadoes. Take CPR training so you can help if someone is hurt.

Fireworks Safety from CPSC.gov

In 2021 the Warren County Board of Supervisors passed a law making it illegal to possess, use or sell all consumer fireworks due to noise, fire and safety concerns. If you do live or visit a place where it is legal to use personal fireworks remember these tips

- Never allow young children to play with or ignite fireworks, including sparklers. Sparklers burn at temperatures of about 2,000 degrees Fahrenheit—hot enough to melt some metals.
- Keep a bucket of water or a garden hose handy, in case of fire or other mishap.
- Make sure fireworks are legal in your area, and only purchase and set off fireworks that are labeled for consumer (not professional) use.
- Never use fireworks while impaired by alcohol or drugs.
- Light fireworks one at a time, then move back quickly.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Follow all instructions and warnings on fireworks and never hold them in hand unless instructions specify to do so.

You were bit by a tick, now what?

If you find a tick attached to your skin:

- Remove it as soon as possible using a tick removal tool or tweezers - Grasp the tick close to the skin's surface to avoid squeezing the tick's body.
- Pull the tick away from the skin with steady, even pressure. Don't twist or jerk the tick.
- Dispose of the tick by placing in a sealed bag or container; flush it down the toilet; or put it in alcohol.
- After removing the tick, clean the bite area and your hands with soap and water.
- Do a full body tick check to look for other ticks.
- Monitor for symptoms for at least 30 days. If you develop flu-like symptoms, fever, or rash after being bit by a tick contact your healthcare provider.

What not to do:

- Do not use petroleum jelly, heat, nail polish, or other substances to try and make the tick detach from the skin. This may agitate the tick and force infected fluid from the tick into the skin.
- Tick testing is not usually recommended. The results of tick testing should not be used for treatment decisions. Positive results showing that the tick contains a disease-causing organism do not necessarily mean that you have been infected. Negative results can lead to false assurance as you may have been unknowingly bitten by a different tick that was infected.



Hot Cars

The majority of parents and caregivers would like to believe that a hot car tragedy will never happen to them. In over half of hot car deaths, the person responsible for the child unknowingly left them in the vehicle. In most situations, this happens to loving, caring, and protective parents. It has happened to a teacher, dentist, social worker, police officer, nurse, clergyman, soldier, and even a rocket scientist. It can happen to anyone...



Harmful Algal Bloom Safety from NYSDEC

What Are HABs? Most algae are harmless and are an important part of the food web. Certain types of algae can grow quickly and form blooms, which can cover all or portions of a lake. Even large blooms are not necessarily harmful. However some species of algae can produce toxins that can be harmful to people and animals.

Depending on the weather and the characteristics of the lake, HABs may be short-lived (appearing and disappearing in hours) or long-lived (persisting for several weeks or more).

What Should I do If There Is a Suspected HAB?

Avoid it

- People, pets, and livestock should avoid contact with any floating mats, scums, or discolored water. Colors can include shades of green, blue-green, yellow, brown or red.
- Never drink, prepare food, cook, or make ice with untreated surface water, whether or not algae blooms are present. In addition to toxins, untreated surface water may contain bacteria, parasites, or viruses that could cause illness if consumed.
- People not on public water supplies should not drink surface water during an algal bloom, even if it is treated, because in-home treatments such as boiling, disinfecting water with chlorine or ultraviolet (UV), and water filtration units do not protect people from HABs toxins.

Report It. If you suspect a HAB report to the NYSDEC using the [Harmful Algal Blooms \(HABs\) Notifications Page](#)

What If I Think I Have Been Exposed to a HAB?

Rinse thoroughly with clean water to remove algae. Stop using water and seek medical attention immediately if symptoms such as vomiting, nausea, diarrhea, skin, eye or throat irritation, allergic reactions, or breathing difficulties occur after drinking or having contact with blooms or untreated surface water.

You should inform your physician and you local health department if you were exposed to an algal bloom, both to help determine the proper course of treatment and to determine if others should also be notified of this potential risk.

Rabies Clinics

Warren County Public Health is holding 6 rabies vaccination clinics in 2026. Both initial and booster rabies vaccinations will be given. A \$10 donation is requested for each pet, but no one is turned away due to financial hardship.

This year, pre-registration will be required - no walk ins. Go to <https://www.warrencountyny.gov/healthservices>. Registration will only be open during registration dates. Call Warren County Public Health at 518-761-6580 with questions and help registering.

July 18th 10am-Noon

Queensbury Community Center
742 Bay Rd

Registration dates: 7/8/26-7/15/26

August 8th 10am-Noon

Chester Fire House
State Route 8

Registration dates: 7/29/26-8/5/26

September 26th 10am-Noon

Queensbury Community Center
742 Bay Rd

Registration dates: 9/16/26-9/23/26

October 17th 10am-Noon

Queensbury Community Center
742 Bay Rd

Registration dates: 10/7/26-10/14/26



Animal Bites and Exposures

To report animal bites and exposures, call Warren County Public Health 518-761-6580

Animal bites and scratches, even when they are minor, can become infected and spread bacteria to other parts of the body. Whether the bite is from a family pet or an animal in the wild, scratches and bites can carry disease.

What should you do if you are bit by an animal?

- If it is bleeding, apply pressure with a clean bandage or towel
- Wash the wound with soap and water
- If necessary, dry the wound and cover with sterile dressing
- Watch for signs of infection - increased redness or pain, swelling, discharge, or fever. Call or visit your healthcare provider right away if any of these symptoms occur
- Report all bites to Warren County Public Health for prompt follow up

What happens next?

If Warren County Public Health is notified of a bite or animal exposure incident, they will determine the best course of action.

- If the animal is known - it will quarantine for 10 days at home (regardless of rabies vaccination status), as long as it is alive and healthy after 10 days no post exposure treatment is needed
- If it is a stray or wild animal - if possible, try to locate and capture the animal SAFELY. If you cannot safely capture the animal, call Warren County Public Health for guidance. If the animal is located and/or captured it can be tested for rabies if necessary. If it is not located and captured, call Warren County Public Health for guidance.
- If a bat is found in a room with a sleeping person, unattended child, intoxicated person, or mentally compromised person - try to safely capture the bat in a container and call Warren County Public Health to facilitate rabies testing. If the bat is not caught, call Warren County Public Health for guidance.

How to prevent animal bites and exposures?

- Always ask a dog owner's permission before petting a dog
- Let the dog come to you. If the dog walks away, let them go
- Never leave children alone with a dog
- Teach children how to safely interact with pets
- If an unknown dog approaches you - stop, stand still, look away, do not run
- Let wild animals be wild - do not touch wild animals, if they appear to be sick or injured contact a wildlife specialist to help.
- Do not try to separate fighting animals
- Keep pets on a leash when in public

What would a healthcare provider and public health need to know?

- Location and date of the incident
- Type of animal involved
- Type of exposure - cut, scratch, licking of open wound, bite, direct contact
- Part of the body involved
- Whether or not the animal has been immunized against rabies
- Whether or not the animal is sick or well; if "sick," what symptoms
- Whether or not the animal is available for testing or quarantine



What is Kratom?

Kratom comes from the leaf of a tree native to southeast Asia. Depending on its concentration it can act as a stimulant in low doses, but has opioid-like properties at higher doses.

It's considered a dietary supplement by the FDA and therefore is not regulated for ingredients or potency. This means consumers have no idea what they are ingesting or how potent it might be.

In NYS, retailers and manufacturers must include a clear list of ingredients on the packaging and provide consumer warnings about the product's risks, including its potential for addiction. However, enforcement of the laws remains difficult.

In New York it is illegal for anyone under the age of 21 to purchase Kratom

Recently, highly concentrated synthetic forms of kratom have been sold in gas stations and other retailers. Known as 7-OH, this form of kratom is highly addictive with severe withdrawal symptoms similar to opioid withdrawal.

According to the Mayo Clinic, side effects from kratom use can include

- Nausea and vomiting.
- Constipation.
- Liver damage.
- Muscle pain.
- High blood pressure.
- Also affects the mind and nervous system

Mixing kratom with medications that cause sedation, such as sleep aids, anxiety medications, or opioid pain relievers, can dangerously suppress breathing and heart rate. Combining kratom with antidepressants or stimulants may increase agitation, confusion, or the risk of seizures.

Kratom is dangerous!

JUNE PROGRAM SPOTLIGHT

Be Smart, Don't Start! Award Ceremony - June 18th



Warren County celebrated multiple 4th and 5th grade students for their winning artwork in the Be Smart, Don't Start! poster contest. Following the completion of the Be Smart, Don't Start! nicotine prevention program, these students demonstrated their wonderful artistic skills to educate their peers on the negative impact of nicotine use in youth.

Warrensburg Youth Commission CPR Training



Five Warrensburg teens prepare for summer employment with CPR and first aid training provided by our Public Health Education Team.

Tick Education



Health Educators held multiple tick education programs throughout the county this month. Locations included Glens Falls Senior Center, Solomon Heights, and The Conkling Center.

Colon Cave Visited Family Services Association! - June 26th



The Colon Cave made an appearance at Family Services Association's Outdoor Fridays! Educators enjoyed speaking with families as they explored the the benefits of recommended health screenings.

JULY EVENTS

**July 14th
3-5pm**

Colon Cave Hillview Free Library, Diamond Point

Take a stroll through the Colon Cave to learn about the importance of colorectal cancer screenings! (Weather permitting)

Bolton Landing Farmers Market Blessed Sacrament Parking Lot

Learn about ways to stay safe and healthy this summer!

**July 17th
9am-1pm**

**July 18th
10am-
12pm**

Rabies Clinic Queensbury Community Center

Registration required, visit <https://www.warrencountyny.gov/healthservices>
Registration dates: 7/8/26-7/15/26

Colon Cave at Take a Bite Glens Falls City Park

Take a stroll through the Colon Cave to learn about the importance of colorectal cancer screenings! (Weather permitting)

**July 22nd
5-7pm**

**July 31st
9am-1pm**

Bolton Landing Farmers Market Blessed Sacrament Parking Lot

Meet our WIC team and learn about services and resources available to families in our area!

For more information about any of these events, visit our website or facebook, or call 518-761-6580.