

FOR THE HEALTH OF IT!



Rabies Prevention

People are usually exposed to rabies by coming in contact with wild animals infected with the virus. They may also be exposed through their pets encountering a rabid animal. Common rabid animals in the United States include raccoons, skunks, bats, and foxes.

The best way to avoid rabies is to keep your distance from wildlife. Never approach animals who appear to be injured, sick, or dead. Pet owners can lower their risk by keeping pets up to date on rabies vaccines. Also try to keep pets away from wild animals as much as possible.

Warren County Public Health gets a lot of calls about bats in the summer. While bats are common sources for rabies, not every bat is infected. If you find a bat in your home, especially if it is found in a room with a sleeping person, a child, or an impaired person, then you should contact Warren County Public Health. If you can, safely capture the bat in case it needs to be tested for rabies. Bat bites can be tiny, and you may not even know if you were bitten.

If you believe you have been exposed to a wild animal, contact Warren County Public Health 518-761-6580 to quickly assess the potential rabies exposure.

IN THIS ISSUE

| | |
|------------------------------------|---|
| Rabies Prevention..... | 1 |
| National Immunization Awareness .. | 2 |
| Peach & Tomato Salad.... .. | 2 |
| National Breastfeeding Month..... | 3 |
| National Eye Exam Month..... | 3 |
| Back To School Physicals..... | 4 |
| August Car Seat Check Events | 4 |
| Back to School Anxiety..... | 5 |
| Rabies Vaccination Clinic..... | 5 |

National Immunization Awareness Month

August is National Immunization Awareness Month (NIAM), an annual observance highlighting the importance of getting recommended vaccines at various life stages. During NIAM, we encourage you to talk to your healthcare provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccinations. As children head back to school this fall, it is especially important to work with your child's healthcare provider to make sure they are up to date on all recommended and required vaccines. Children attending pre-kindergarten through 12th grade must receive all doses of the required vaccines for their age and school year according to [New York State Immunization Requirements for School Entrance/Attendance](#).

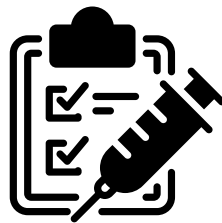
Is your child up to date on NYS Required Immunizations for school?

- Diphtheria, Tetanus, and Pertussis (DTaP) Vaccine
- Tetanus, Diphtheria, and Pertussis (Tdap) Vaccine Booster
- Polio Vaccine (IPV)
- Measles, Mumps, and Rubella (MMR) Vaccine
- Hepatitis B Vaccine
- Varicella (Chickenpox) Vaccine
- Meningococcal Conjugate (MenACWY) Vaccine
- Haemophilus Influenzae Type B Conjugate (Hib) Vaccine
- Pneumococcal Conjugate (PCV) Vaccine

Are you, as an adult, up to date on recommended immunizations?



| | |
|---------------|--------------|
| COVID-19 | HPV |
| Influenza/Flu | Pneumococcal |
| RSV | Hepatitis A |
| Tdap/Td | Hepatitis B |
| Shingles | Mpox |



Talk to your provider about vaccines that may be right for you

Do you know about the recommended immunizations for pregnant women?



Whooping Cough/Pertussis
Influenza/Flu
RSV
COVID-19
Hepatitis B



Summer Recipe Peach & Heirloom Tomato Salad

Prep time: 10 mins
Yields: 2 servings



Ingredients

1 ripe avocado peeled & pitted
¼ cup water
¼ tsp chili powder
¼ tsp. cumin
¼ tsp. sea salt & more for taste
¼ tsp. ground black pepper
2 medium heirloom tomatoes
cut into wedges
1 ripe peach, thinly sliced
5 chives, thinly sliced
3-4 basil leaves

-In a small food processor, except peaches puree all ingredients until creamy, about 2 minutes.

-Dollop the avocado mixture onto a serving plate and spread in a circular motion, leaving about 1" on the plate perimeter.

-Add tomatoes and peach slices, chives and basil.

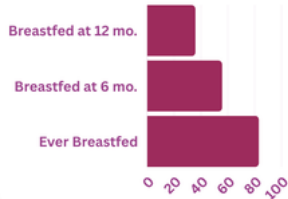
-Serve chilled or at room temperature.

National Breastfeeding Month

August is National Breastfeeding Month, which celebrates and promotes breastfeeding. Healthy People 2030 Breastfeeding Objectives include increasing the proportion of infants that are exclusively breastfed through six months of age, and breastfed at least two years,

NATIONAL BREASTFEEDING RATES

Percent of U.S. Infants



Breastfeeding rates have been increasing since 2010!

Did you know that as your breastfeed your baby, your body adjusts to make the right amount of milk? Putting your baby to your breast early and often will help your body keep up with your baby's growing tummy. The more breast milk your baby drinks from you, the more milk you will produce.

How often should you breastfeed your baby?

Newborn babies breastfeed frequently, about 8-12 times in 24 hours. Feed your baby when they are showing signs of hunger like sucking on hands or fingers, smacking lips or opening their mouth, turning their head to search for mother's nipple, squirming or restless movements.



Lowers baby's risk of certain diseases and infections



Helps baby feel safe, warm, secure, and loved



Helps mother recover more quickly from childbirth

BENEFITS OF BREASTFEEDING



Provides nutrition to help babies grow and develop



Reduces mother's risk for certain cancers and diabetes



Cost saving, as breastmilk is free

FOR MORE INFORMATION...

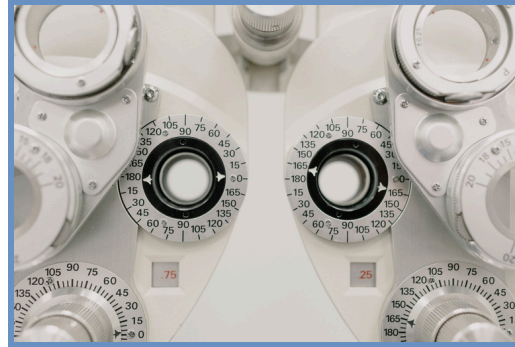
Visit the WIC Breastfeeding Support Website:
<https://wicbreastfeeding.fns.usda.gov>



U.S. DEPARTMENT OF AGRICULTURE
WIC BREASTFEEDING SUPPORT
LEARN TOGETHER. GROW TOGETHER.

If you have questions or need help with breastfeeding, reach out to Warren County WIC at 518-761-6425. Find more information online at <https://wicbreastfeeding.fns.usda.gov/>

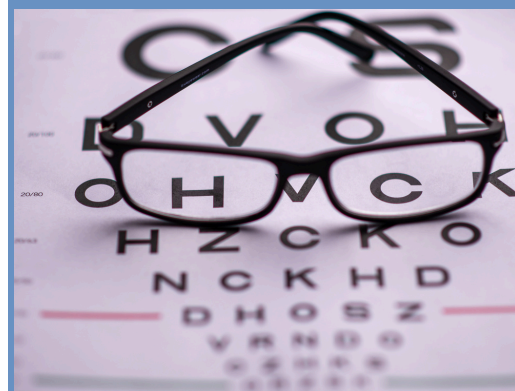
August is National Eye Exam Month



The eyes serve as a window to health. A routine exam may reveal not only vision problems but other issues like high blood pressure, diabetes, and even some types of cancer. National Eye Exam Month, observed each year in August, serves as a reminder that comprehensive eye exams are essential preventive health care for this reason.

The American Academy of Ophthalmology (AAO) recommends yearly exams beginning at age 65. However, that does not mean vision care should wait until then. The AAO indicates that individuals with healthy eyes and good vision should have at least one eye exam in their 20s and two in their 30s, with regular exams beginning at age 40. This is when early signs of disease or changes in vision may begin.

Those with health concerns such as diabetes or high blood pressure, or a family history of eye disease, should begin having eye exams as early as possible and follow their doctor's recommendation for frequency.



Back To School Physicals

Before the school year starts, don't forget the back-to-school physicals. Don't just prepare your child academically; make sure they are in top physical condition too. Here's why this check-up matters and what to expect.

Why are back to school physicals important?

Think of this physical as a proactive approach, an early detection mechanism. This check-up looks at your child's health. It makes sure they're ready for school activities, from gym class to daily school routines. Families and schools gain peace of mind and can catch health issues early.

Which tests do they usually conduct?




- **Growth and Development Assessment:** This involves checking weight, height, and other developmental milestones to ensure your child is growing adequately.
- **Vision and Hearing Tests:** They ensure kids see the board and hear the teacher, which are vital for learning.
- **Immunizations Update:** The doctor will check if your child's immunizations are up-to-date, as required by many schools.
- **Fitness Level Check:** This is particularly important if your child plans to participate in sports. They'll assess cardiovascular health, muscle and bone health, and overall fitness.
- **Other Routine Tests:** They might check blood for health problems, cholesterol, and other health signs.

Making the Most of Your Visit

Prepare beforehand. Make a list of any concerns you may have or any changes you've observed in your child's health. This could range from sleep patterns and eating habits to mood swings. Discuss any family history of diseases or health issues. It's also a good time to discuss any school-related anxieties your child might have, as mental health is equally crucial.

Why are Sports Physicals Different?

A regular back-to-school check looks at overall health. A sports physical focuses on athletic needs. This check sees if your child can manage the demands of their sport, prioritizing safety and performance.

|  Sports Physicals vs. Well Child Checks — What's the Difference?  | |
|---|--|
| Well-Child Checks | Sports Physicals |
| <ul style="list-style-type: none">• Comprehensive annual assessment of a child's overall wellness, growth, development• Full-body evaluation includes review of sleep, diet, mental health and immunizations• Includes routine screenings for hearing, vision, cholesterol, anemia and blood exams• Allows for a more in-depth examination of concerning health conditions, if applicable• Performed on an annual basis, even if a child is not due for immunizations• Determines the health, wellness and safety of a child outside of the scope of sports performance• Allows a child to develop a healthy relationship with their provider to reduce anxiety and stress for future office visits | <ul style="list-style-type: none">• Brief evaluation of a child's musculoskeletal and cardiovascular systems• Evaluation focuses on whether a child is healthy enough to safely participate in school sports• Should not suffice as a child's annual exam |
|  | |

Warren County Health Services Car Seat Program

August 2025 Car Seat Check Events

Tuesday, August 26th 2025 @ 10am - 1pm

Chestertown Volunteer Fire Station
5885 State Route 8,
Chestertown, NY 12817.



Wednesday, August 27th 2025 @ 1pm - 4pm

Warrensburg Volunteer Fire Company
13 Elm Street,
Warrensburg, NY 12885.



It's that time again! August is National Back to School Month, bridging summer and the school year. This season, families and schools face unique challenges – from adjusting to new routines to navigating the plethora of school supplies.

It's not just about pencils and books anymore; it's about preparing mentally, emotionally, and physically for the year ahead.

Preparing Families and Schools: Setting the Rhythm Right

Transitioning from lazy summer mornings to a strict school routine can be jarring. To ensure that the shift is seamless, it's crucial to set the rhythm right:

Creating a New Routine

- **Sleeping Habits:** Begin by gently adjusting your child's bedtime about two weeks before school resumes. A gradual shift will prevent the back-to-school morning chaos and ensure they're bright-eyed for their first day.
- **Meal Times:** Aligning meal schedules with school timings can help regulate your child's appetite. Start by serving breakfast a bit earlier, matching it with school starting time. And don't forget about lunch! Try to sync your mid-day meals with the school's lunch break.

Organizing the Family Schedule

With school resuming, so does the whirlwind of extracurricular activities, parent-teacher meetings, and project deadlines. Keeping track can be daunting for families and schools alike.

- **Family Calendar:** A family calendar can be your savior. Use color-coded markers for each family member. Place this calendar in a communal space, maybe the kitchen, ensuring it's visible to all. This simple tool will help synchronize everyone's schedules.
- **Essential School Supplies:** Most schools give a supply list for each grade. It's good to have basic supplies at home too. Organize a stationery drawer with essentials like pens, notebooks, erasers, and rulers. This will avoid last-minute scrambles for a missing pencil or notebook.
- **The Nightly Routine:** Cultivate a habit of laying out the next day's outfit and checking backpacks the night before. This small step can significantly reduce morning chaos. Also, why not set the breakfast table in advance? It's a time-saver!
- **Document Ready:** Keep a folder with essential documents, like vaccination records, birth certificates, and previous report cards. Schools often require these during the first week, and having them handy can save a lot of stress.

The Pre-School Dry Run

- If your child is going to a new school or grade, show them the route. It can help reduce first-day worries. If they're walking, take a stroll together a few days prior. For bus riders, identify the right bus stops, and for carpoolers, a trial run could be beneficial.

Addressing First-Day Jitters

- Starting school, no matter the grade, can be nerve-wracking. Allow your child to communicate their fears and concerns. Sharing your own school stories can provide comfort. Set a positive tone. It helps your child look forward to school with excitement, not fear.



Rabies Vaccination Clinics

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 asked for each pet, but no one is turned away due to financial hardship.

