

FOR THE HEALTH OF IT!



Bats and Rabies

Only a small percentage of bats are infected with rabies, but they do still pose a threat. The rabies virus is present only in the saliva and nervous tissue (brain and spinal cord) of an infected bat. People cannot get rabies from having contact with bat guano (feces), blood or urine.

People should be aware that bats have small sharp teeth, which may not leave a visible bite mark, and a bite from a bat during the night may not awaken a sleeping person. If you are sleeping and awakened to find a bat in your room; see a bat in the room of an unattended child or a mentally disabled or intoxicated person; or if there is any chance that a bat had contact with a pet, the bat should be captured and tested for rabies.



Use caution when capturing a bat:

- Close all windows, room and closet doors, turn on the lights and wait for the bat to land
- Wearing heavy gloves, cover the bat with a small container, coffee can, or a pail
- Slide cardboard under the container to trap the bat inside and tape the cardboard to the container
- If there is any chance the bat may have had contact with a person or pet DO NOT RELEASE THE BAT. Contact Warren County Public Health at 518-761-6580 to arrange to have the bat tested for rabies

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Beach Safety

- Watch the weather- get out of the water at the first sign of lightning or the rumble of thunder
- Swim only at a beach with a lifeguard, within the designated swimming area. Obey all instructions given.
- Designate a “water watcher” whose responsibility is to keep a close eye and constant attention on everyone in and around the water.
- Children and inexperienced swimmers should wear properly fitted U.S. Coast Guard-approved life jackets.
- Protect your neck - don’t dive in headfirst.
- If you are caught in a rip current, stay calm and don’t fight it. Swim parallel to the shore until you are out of the current. Then, turn and swim to shore. If you can’t swim to shore, float or tread water until you are free of the rip current and then head toward shore. Draw attention to yourself by waving and calling for help.

Hiking Safety

- Wear proper gear and attire, including sturdy, comfortable boots.
- Carry the 10 hiking essentials: navigation, rain gear, light, first aid supplies, emergency kit, fire, nutrition, water, sun and insect protection, and an emergency shelter.
- Use maps, guides, or DEC’s websites to plan your trip.
- Leave trip plans with family or friends and update them with any changes.
- Be realistic about your fitness and skill level - don’t overestimate your abilities and don’t underestimate mother nature.
- Check the weather forecast and current conditions - thunderstorms can pop up even if they are not in the forecast. Watch for darkening skies, increase winds, lightening and thunder.
- Turn back if the weather changes for the worse, if you are exhausted, if it is getting dark. Don’t push your limits!

Camping Safety

- Know the level of ability of the people in your group and the environment around you, plan accordingly.
- Pack a first aid kit to handle insect stings, sprains, cuts and bruises and other injuries that could happen.
- Sprains and falls are some of the most common misfortunes during camping. Dehydration is also a danger.
- Share your travel plans and locations with a family member or friend.
- Bring nutritious food and water, light-weight clothing to layer, and supplies for pets.
- Follow appropriate guidelines for distances between food and sleeping spaces, food storage and disposal, and other factors that apply to a safe camping experience.
- Learn how to properly make, maintain, and extinguish campfires.
- Wear sunscreen and bug spray.
- Keep an eye on the sky, know the weather forecast and be prepared for changing conditions.

Boat Safety

- Lifejackets are encouraged for all boaters to wear any time you are on a boat, even for good swimmers. If a person falls, they may become disoriented, injured, or unconscious.
- Double check to make sure the life jackets are U.S. Coast Guard approved and fit correctly.
- Be familiar with the state boating laws and the “rules of the road”
- Be prepared by checking that all equipment is in good working order.
- Dress properly and bring an extra set of clothes in case you get wet.
- Wear sunscreen and know the signs of heat illness.
- Exercise good judgement - respect your limits, don’t drink and drive a boat, use common sense on the water.
- If you notice storm clouds, a sudden temperature drop or wind speed increasing, play it safe and get off the water.

Things Everyone Should Know About Ticks

1. Ticks crawl up. They don’t jump, fly, or drop from the trees.
2. All ticks come in small, medium, and large sizes. They can range from the size of sand grains to the size of apple seeds.
3. Ticks can be active even in the winter.
4. Ticks carry disease-causing microbes.
5. Only deer ticks transmit Lyme disease bacteria.
6. For most tick-borne diseases, you have at least 24 hours to find and remove a feeding tick before it transmits an infection. So it’s important to do your daily tick checks!
7. Deer tick nymphs look like a poppy seed on your skin. They’re easy to miss, their bites are generally painless, and they have a habit of climbing up into hard-to-see places.
8. The easiest and safest way to remove a tick is with a pointy tweezer.
9. Tick bites and tick-borne diseases are completely preventable. Reducing tick abundance in your yard, wearing tick repellent, treating pets with tick repellent, daily full body tick checks, and removing ticks quickly are all great actions for preventing tick bites.



Ticks are tiny!

Check your body, clothes, and gear after returning indoors.



✈️ TRAVEL ESSENTIALS CHECKLIST ✈️

🧳 Last-Minute Packing List 🧳

Essential 📱

- ☐ Passport
- ☐ Keys
- ☐ Travel Documents
- ☐ Wallet
- ☐ Cash and Credit Cards
- ☐ Pen

Electronics Gadgets 📱

- ☐ Phone
- ☐ iPad/Tablet
- ☐ Headphones
- ☐ Chargers
- ☐ Books/Magazines
- ☐ Camera

Health ❤️

- ☐ Aspirin
- ☐ Vitamins
- ☐ Band-aids
- ☐ Gauze Rolls
- ☐ Thermometer
- ☐ Antibiotic Ointment

Food 🥥

- ☐ Cookies
- ☐ Snacks
- ☐ Water Bottles
- ☐ Dry Fruits
- ☐ Popcorn
- ☐ Sandwiches

Comfort Items 🧴

- ☐ Eye mask
- ☐ Neck pillow
- ☐ Sunglasses
- ☐ Scarf
- ☐ Flat shoes
- ☐ High heels

Clothing 👕

- ☐ Tops
- ☐ Bottoms
- ☐ Dresses
- ☐ Jacket
- ☐ Bras
- ☐ underwear
- ☐ Socks & Shoes

Personal Items 🧴

- ☐ Toothbrush & Toothpaste
- ☐ Deodorant
- ☐ Hairbrush & Comb
- ☐ Tissues
- ☐ Makeup
- ☐ Pads
- ☐ Shampoo / conditioner



Sun safety is important all year, but this month, we strengthen our commitment to keep you safe from UV radiation. July is UV safety awareness month, a time we encourage everyone to take steps to protect themselves from the dangers of ultraviolet (UV) radiation.

Exposure to UV radiation can cause sunburn, premature aging, and skin cancer. Skin cancer is the most common type of cancer in the United States. According to the American Cancer Society, more than 3.5 million cases of skin cancer are diagnosed each year in the US. Did you know that just a few minutes of sun exposure a day can add up over time and put you at risk for serious health problems?

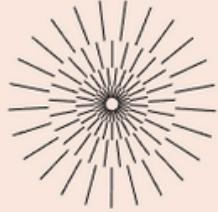
Tips for minimizing sun exposure:

- Stay in the shade as much as possible
- If in the sun, wear protective clothing such as long-sleeved shirt and pants
- Apply sunscreen with a high SPF (30 or higher) to any exposed skin
- Avoid being in the sun during peak hours, typically between 10am and 4pm

UV rays are just as harmful on cloudy days as on sunny days, up to 80% of UV rays can penetrate through clouds. So it's still important to take precautions against UV exposure even on cloudy days.



JULY IS MINORITY MENTAL HEALTH AWARENESS MONTH!



Let's break the stigma together.

Share your story.

#MinorityMentalHealthAwareness

- It is a time to bring awareness to the unique challenges that racial and ethnic minorities in the United States face when it comes to mental illness.
- Mental illness can affect people of all races and ethnicities.
- Learn more about mental health. Use and share resources to help spread awareness about mental health in our communities and families.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, act, handle stress, relate to others, and make choices. Mental health is just as important as physical health throughout our lives. Mental health issues are common - nearly 1 in 4 US adults live with a mental illness.

Studies suggest that racial minority groups and sexual minority groups show higher levels of anxiety, depression, suicidal tendencies, post-traumatic stress disorder (PTSD), and other mental health disorders.

Managing your mental health can improve your quality of life.

- Get enough sleep each night (at least 7 hours)
- Engage in healthy habits, like exercising and eating well
- Stick to a treatment plan given by your health care provider
- Find a support group and seek out your health care provider for support
- Text or call 988 to talk to a mental health professional

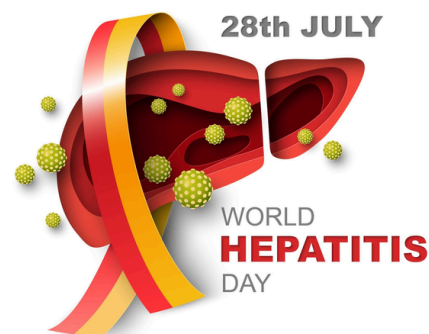
Minority Mental Health

Mental disorders do not discriminate.

Know the signs. Get help.



July 28th World Hepatitis Day



World Hepatitis Day is observed each year on 28th July to raise awareness of viral hepatitis, an inflammation of the liver that causes severe liver disease and liver cancer.

The Theme for 2025: Hepatitis: Let's Break It Down.

This calls for urgent action to dismantle the financial, social and systemic barriers - including stigma - that stands in the way of hepatitis elimination and liver cancer prevention.



Firework Safety



Summer is synonymous with barbecues, parades and fireworks.

The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals, and not to use any fireworks at home. They may be legal but they are not safe.

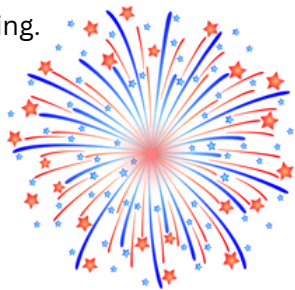
Every year, thousands of people are injured badly enough to require medical treatment after fireworks-related incidents, with many of the injuries to children and young adults. While the majority of these incidents are due to amateurs attempting to use professional-grade, homemade or other illegal fireworks or explosives, less powerful devices like small firecrackers and sparklers can also cause significant.

Additionally, fireworks start an average of 19,000 fires each year.

Fireworks Safety Tips: If You Choose to Use Legal Fireworks

If consumer fireworks are legal to buy where you live and you choose to use them, be sure to follow the following safety tips:

- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Never use fireworks while impaired by drugs or alcohol
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never hold lighted fireworks in your hands
- Never light them indoors
- Only use them away from people, houses and flammable material
- Never point or throw fireworks at another person
- Only light one device at a time and maintain a safe distance after lighting.



- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak both spent and unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire
- Never use illegal fireworks

Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the fireworks show.

Sparklers Are Dangerous

Every year, young children can be found along parade routes and at festivals with sparklers in hand, but sparklers are a lot more dangerous than most people think.

Sparklers burn at about 2,000 degrees – hot enough to melt some metals. Sparklers can quickly ignite clothing, and children have received severe burns from dropping sparklers on their feet. According to the National Fire Protection Association, sparklers alone account for more than 25% of emergency room visits for fireworks injuries. For children under 5 years of age, sparklers accounted for nearly half of the total estimated injuries.

Consider using safer alternatives, such as glow sticks, confetti poppers or colored streamers.

Local Note: The sale and use of sparkling devices is prohibited within Warren County .

Any person who uses or explodes a sparkling device, or causes an exploding device to be exploded, shall be guilty of a violation punishable by a fine not to exceed \$500;

Any person who offers a sparkling device for sale, or sells or furnishes a sparkling device to another person or persons, shall be guilty of a Class B misdemeanor, punishable by a fine of \$1,000 and fifteen (15) days in jail.

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.

