

FOR THE HEALTH OF IT!



BE FREE

Reducing your exposure to ticks is the best defense against tick-borne diseases. How can you reduce your risk of exposure?

Protect yourself:

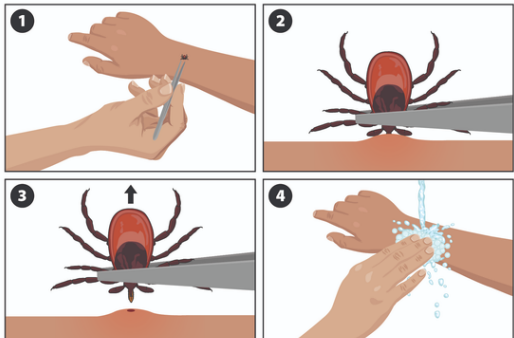
- Know where to expect ticks so you can avoid them - check the new Warren County Tick Map to find where ticks are being reported!
- Wear protective clothing and gear, cover as much skin as possible
- Use EPA-registered insect repellent
- Protect and check your pets too!

Check for ticks after spending time outdoors:

- Check your clothing
- Check your full body
- Shower soon after being outdoors
- Remove any ticks you find as soon as possible
- Watch for symptoms of tick-borne diseases for 30 days

Removing ticks:

- Use fine-point tweezers or a tick removal tool



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June is Men's Health Month

Annual Physical Exam Checklist for Males



Men 20-30+ Years of Age

It's as important for men in their 20s as it is for men in their 30s to ensure they receive yearly physical exams as well as the following tests and immunizations, and into your following years:

IMMUNIZATIONS

- ☒ Flu - yearly
- ☒ Tetanus booster - every 10 years
- ☒ HPV (if under 26 and haven't yet received it)
- ☒ Whooping cough (unless you've already received one)

TESTS TO BE COMPLETED AT EACH PHYSICAL

- ☒ Cholesterol
- ☒ Blood pressure
- ☒ STDs (for sexually active men)



TESTS TO BE COMPLETED AT EACH PHYSICAL

- ☒ Colorectal cancer
- ☒ Cancer
- ☒ Prostate cancer
- ☒ Type 2 diabetes
- ☒ Osteoporosis (for men 50 years and older, unless specified by your provider)

Men 40-50+ Years of Age

Several conditions, such as high blood pressure, can develop in men between 40 and 50 years of age but not show symptoms. Therefore, the following tests and immunizations are important to add for your next wellness exam and your physicals in the following years:

IMMUNIZATIONS

- ☒ Shingles - at 50 years of age



Men 50+ Years of Age

The risk of many conditions increases in men aged 50 and beyond. Therefore, it's important to ensure the following are received:

IMMUNIZATIONS

- ☒ Shingles (unless you've already received it)
- ☒ Pneumonia - at 65 years of age

TESTS TO BE COMPLETED AT EACH PHYSICAL

- ☒ Abdominal aortic aneurysm (for men who were previous smokers)
- ☒ Osteoporosis (for men with risk factors)

National CPR and AED Awareness Week

June 1st-7th

Heart attacks can happen to anyone, but are more likely to occur in people with certain risk factors including

- uncontrolled high blood pressure
- diabetes
- overweight or obesity
- smoking

Some of the most important things you can do to help someone having a heart attack:

Recognize Signs & Symptoms:

- Chest tightness that lasts more than a few minutes or goes away comes back. An uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other parts of the body including arms, back, neck, jaw or stomach.
- Shortness of breath, cold sweat, nausea, or lightheadedness.

Call 9-1-1 Immediately. Don't wait seconds matter.

Learn CPR and how to use an AED.

Learning CPR and how to use an AED allows you to help a person in a life-threatening situation. There are a number of organizations that provide CPR and AED trainings. You can search online to find a course that is right for you. You may want to ask your employer to bring a class onsite as a workforce development training.

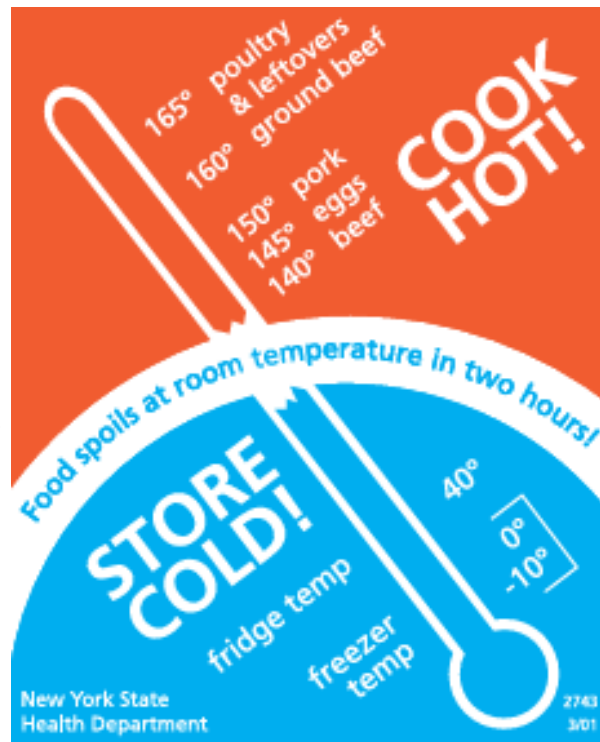


Summer Safety

Safe food preparation and limiting sun exposure

Food safety starts with cleaning hands before preparing or serving food, especially after handling raw meat and using the restroom:

- Wrap raw meat in plastic bags at the market to prevent blood and juices from dripping onto other foods
- Refrigerate meat and other perishable food within 1-2 hours
- Thaw frozen food in the refrigerator, cold water, or the microwave
- Refrigerate marinated food and avoid tasting or re-using the marinade after adding raw meat
- Wash cutting boards and counters immediately after using them to prepare raw meat or seafood
- Cook meats to proper temperatures to kill E. coli and Salmonella, germs that can cause serious illness when present in undercooked meat



Most skin cancers are caused by too much exposure to ultraviolet (UV) light, so protection from UV rays is important all year (especially in spring and summer). UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, and sand. Use a layered approach for the best sun protection.

PROTECT ALL THE SKIN YOU'RE IN



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Use a Layered Approach for Sun Protection.



Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Wear a hat, sunglasses, and protective clothing to shield skin.



Seek shade, especially during midday hours.

CS277190

This Summer Be Informed and Prepared for Extreme Weather

Warren County could potentially face a number of extreme weather events more frequently and more severe due to climate change.

- Heatwaves
- Flooding & storms
- Droughts
- Increased pollution
- Changes in precipitation
- Changes in temperature and duration

These environmental effects can lead to many secondary effects and health effects like

- property loss or infrastructure damage
- wildfires
- increased allergens
- heat stroke
- aggravated heart or lung illnesses
- mental health distress
- vector-borne diseases

Planning for severe events before they occur improves your chances for a positive outcome.

- Create a safe room in your home away from outer walls and windows if severe weather strikes.
- Have a go bag ready if you need to evacuate.
- Have basic supplies on hand if roads are closed or power is interrupted.
- Plan for pets, children and people with unique needs.

Check if you qualify for HEAP Cooling Benefits

Find cooling centers for a cool space during hot temperatures

Make a plan for your household in case of a disaster

Before an emergency happens, be prepared

The Ultimate Summer Salad

It's fresh, it's filling and it's packed with the season's best produce.



Ingredients:

- 6 cups torn mixed salad greens
- 2 cups fresh strawberries, sliced
- 1 package (4 oz.) crumbled feta cheese
- ¼ cup sunflower kernels
- Balsamic vinaigrette

Directions:

Place first 4 ingredients in a large bowl.
To serve, drizzle with vinaigrette, toss to combine.

Nutrition Facts: 1 cup

103 calories
6 grams fat (2 gm saturated fat)
10 mg cholesterol
259 mg sodium
8 grams carb (3 gm sugar, 3 gm fiber)
6 grams protein

June 21st
International Yoga
Day



“Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one’s actions”.

B.K.S. Iyengar

- Yoga is an ancient physical, mental and spiritual practice that originated in India.
- The word ‘yoga’ derives from Sanskrit and **means to join or to unite, symbolizing the union of body and consciousness.**
- The day is marked by yoga events and activities worldwide, promoting benefits of yoga for both physical and mental well-being, as well as its effects on society and individual welfare.

Free Yoga Classes

Fit In The City:

- Dates: Mondays, June 23 through August 25
- Activity: Yoga with the Glens Falls Family YMCA
- Time: 5:30 PM
- Location: Crandall Park Bandshell, Glens Falls
- Registration: No registration required; no class 7/14 & 8/4

Tips for Safe Gardening

There are many benefits to growing your own fruits and vegetables, such as

- More fresh and healthy food – fruits and vegetables contain fiber, vitamins, and minerals and can reduce the risk of chronic disease and some types of cancer
- More control over whether chemicals are used to treat for pests and weeds
- More exercise and a chance to connect with nature
- Less need to transport food from distant farms
- Lower fruit and vegetable bills at the grocery store

Make sure you enjoy the benefits of gardening safely. Here are some tips to help you stay safe

- **Personal Protective Equipment (PPE)**: Wear gloves, hats, long sleeves, and pants to protect against cuts, insect bites, sunburn, and allergic reactions.
- **Proper Footwear**: Sturdy, closed-toe shoes or boots with good traction protect your feet from sharp objects and tools.
- **Hydration**: Drink plenty of water to stay hydrated, especially during warmer weather, as dehydration can lead to fatigue and injury.
- **Tool Safety**: Use the right tools for the job, keep them sharp, and maintain them properly.
- **Back Safety**: Protect your back when lifting by bending your knees, keeping your back straight, and lifting with your legs.
- **Posture**: Maintain good posture while gardening to minimize strain and prevent injuries.
- **Avoiding Repetitive Motions**: Rotate tasks to avoid repetitive strain injuries.
- **Pest Awareness**: Be aware of common pests and insect bites, and take appropriate precautions.
- **Sun Protection**: Wear sunscreen, a hat, and sunglasses to protect yourself from the sun's harmful rays.
- **Chemical Safety**: If using chemicals, follow all instructions and warning labels carefully.
- **Breaks**: Take frequent breaks and rest in the shade, especially during warmer weather or intense gardening sessions.
- **First Aid**: Have a first-aid kit on hand for minor injuries, and know what to do for more serious injuries.
- **Child Safety**: Supervise children closely in the garden, keep them away from tools and chemicals, and choose safe plants.
- **Pet Safety**: Be aware of potential hazards for pets, such as toxic plants, and take appropriate precautions.

For additional gardening tips visit

Cornell Cooperative Extension - <https://gardening.cals.cornell.edu/>

Warren County CCE - <https://warren.cce.cornell.edu/gardening-landscape>

National Gardening Association - <https://garden.org/>

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.

