

FOR THE HEALTH OF IT!



September is Suicide Prevention Awareness Month - a time to raise awareness, promote hope, and normalize help-seeking. Suicide affects millions of people every year, yet too many struggle in silence. Whether you’re facing challenges, supporting a friend or loved one, or are looking to help, your voice matters.

It’s important to understand suicide risk, promote evidence based treatment, and highlight messages of hope, recovery, and resilience. There is no “right” way to heal and recover, support should meet people where they are. Healing is personal and every journey is different.

Family and friends are often the first to recognize the warning signs of suicide, and they can take the first step toward helping a loved one find mental health treatment. Call 911 if there is an immediate life-threatening situation. Help your friends and family get help.

Text, call, or chat **988** Suicide & Crisis Lifeline
988lifeline.org
FindSupport.gov



IN THIS ISSUE

Suicide Prevention.....	1
Food Safety Education Month.....	2
Cholesterol Education Month.....	2
Baby Safety Month.....	3
Child Passenger Safety Week.....	3
Head Lice Awareness.....	4
World Heart Day	4
Fall Prevention Month.....	5
Rabies Vaccination Clinic.....	5
National Preparedness Month.....	6

Food Safety Education

September is National Food Safety Education Month! This month takes an active role in preventing foodborne illness. The Federal Government estimates that there are about 48 million cases of foodborne illness annually - that's about 1 in 6 Americans each year. Each year, these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths. Following simple food safety tips can help lower your chance of getting sick.



- Wash hands and surfaces often
 - Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets
- Separate raw meats from other foods
 - Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.
 - Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood
- Cook to the right temperature
 - Use a food thermometer to make sure meat, poultry, seafood, and eggs are cooked properly
- Refrigerate foods promptly
 - Refrigerate or freeze meats, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F
 - Never thaw food at room temperature. Defrost in the refrigerator, in cold water, and in the microwave
 - Always marinate food in the refrigerator

Safe Minimum Internal Temperatures:

Beef, Pork, Veal, and Lamb: 145°F with a 3 minute rest time

Ground Meat: 160°F

Ham, uncooked: 145°F with a 3 minute rest time

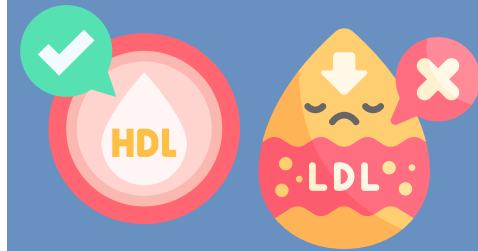
Ham, fully cooked: 140°F

Poultry: 165°F

Eggs: Cook until yolk & white are firm

Fin Fish: 145°F or flesh is opaque & separates easily with fork

September is Cholesterol Education Month



What do you need to know about your cholesterol levels?

Optimal Cholesterol Levels

- Total cholesterol
About 150 mg/dl
- LDL “bad” chol.
About 100 mg / dl
- HDL “good” chol.

Men- at least 40 mg/dl

Women-at least 50 mg/dl

- Triglycerides
Less than 150 mg/dl

To know if you have high cholesterol, get your blood checked by your health care team.



September is Baby Safety Month

September is about heading back to school and it is also Baby Safety Month, a time dedicated to raising awareness about the critical importance of keeping our infants and toddlers safe.

5 tips for parents:

- Check to make sure **your car seat is installed correctly.**
Search online to find a car seat check event near you.



Car Seat Check Up
Events

THE ABCs OF SAFE SLEEP

A ALONE

KEEP YOUR BABY CLOSE TO
YOU WHEN THEY ARE SLEEPING
BUT ALONE IN A CRIB

B BACK

PLACE YOUR BABY TO SLEEP
ON THEIR BACK

C CRIB

YOUR BABY SHOULD SLEEP IN
A BARE CRIB WITH A FIRM MATTRESS
COVERED AND TIGHT FITTED SHEET



- Remove blankets and toys from the crib and **use a sleep sack on colder nights.**
- **Place your baby's crib and other furniture away from windows** to avoid falls or strangulation.
- Remember **to set water heater to 120° F to avoid scalds.**
- **Install working smoke alarm AND a carbon monoxide alarm** on every level of your home, and in all sleeping areas.

**September is
Child Passenger
Safety Week
September 21-27**

Call
**Warren County Health
Services**
to get your child car
seat checked.
518-761-6580



It's
**CHILD PASSENGER
SAFETY WEEK.**

Is your child in
#therightseat?

Head Lice Awareness



Head lice are parasitic insects that feed on human blood. You can find them mostly on your head, but also on your eyebrows and eyelashes. Adult head lice are roughly 2 – 3 mm long (about the size of a sesame seed).

Both over-the-counter and prescription medications are available to treat head lice in your hair.

Symptoms

People with head lice may not have symptoms. Itching is the most common symptom of head lice. It is caused by an allergic reaction to the bites. It may take four to six weeks for itching to appear the first time a person has head lice.

Other symptoms may include the following:

- A tickling feeling or a sensation of something moving in the hair
- Irritability and sleeplessness
- Sores on the head caused by scratching, which can sometimes become infected with bacteria normally found on your skin

Who is at risk?

In the United States, infestation with head lice is most common among preschool- and elementary school-age children and their household members and caretakers. Some studies suggest that girls get head lice more often than boys, probably due to more frequent head-to-head contact.

How it spreads

Head lice mainly spread by direct contact with the hair of a person infested with lice. Head lice move by crawling; they cannot hop or fly. Adult lice can live on a person's head for about 30 days. However, they will die within two days if they fall off a person and cannot feed. Adult lice can lay about six eggs each day. The eggs- called nits- take about a week to hatch. Once hatched, they take about seven days to mature into adult lice.

The most common way to get head lice is by head-to-head contact with a person who already has head lice. Getting head lice is not related to cleanliness of you or your environment.

Although not as common, head lice may spread by:

- Wearing clothing, such as hats, scarves, coats, sports uniforms, or hair ribbons worn by an infested person
- Using infested combs, brushes, or towels
- Lying on a bed, couch, pillow, carpet, or stuffed animal that has recently been in contact with an infested person

Contracting lice from a wig or hairpiece is extremely unlikely. Especially if the wig or hairpiece hasn't been worn in the past 48 hours by a person with head lice.

Head lice can survive under water for several hours but are unlikely to spread in a swimming pool. Chlorine levels in pool water do not kill head lice.

Prevention

Take these steps to help prevent and control the spread of head lice:

- Avoid head-to-head (hair-to-hair) contact during play and other activities at home, school, and elsewhere.
- Do not share clothing such as hats, scarves, coats, uniforms, hair ribbons, or barrettes.
- Do not share combs, brushes, or towels. Disinfest combs and brushes by soaking them in hot water (at least 130°F) for 5 – 10 minutes.
- Do not lie on beds, couches, pillows, carpets, or stuffed animals that have recently been in contact with a person infested with head lice.
- Machine wash and dry clothing, towels, bed linens, and other items wore or used during the two days before treatment. Use the hot water (130°F) laundry cycle and the high heat drying cycle. If you can't wash or dry clean items, seal them in a plastic bag and store them for two weeks.
- Vacuum the floor and furniture.
- Do not use fumigant sprays or fogs; they are not necessary and can be toxic if inhaled or absorbed through the skin.

To help control a head lice outbreak teach children to avoid activities that may spread head lice. For example:

- Avoid hair-to-hair contact during play.
- Not to share clothing such as hats, hair ribbons, barrettes, scarves, coats, or uniforms.
- Not to share combs, brushes, or towels.

September 29th is World Heart Day

Each year, cardiovascular disease (CVD) claims over 20.5 million lives. Up to 80% of premature CVD deaths are preventable through affordable access to care, early screening, and more opportunities to make health choices in nutrition and stay active.

Make every heartbeat count!

Just 30 minutes of exercise could help tackle 80% of CVD cases, yet 1 in 3 adults are not moving enough. Challenge yourself to at least 30 minutes of movement a day this September! Use movement, nutrition, and mindfulness on World Heart Day to keep the beat!

DID YOU KNOW?



**JUST 30 MINUTES OF DAILY
EXERCISE COULD HELP TACKLE
80% OF CVD CASES**



**HEART DISEASE REMAINS THE
WORLD'S NO.1 KILLER**



Fall Prevention Month



Falls are a leading cause of serious injuries in older adults that can lead to hospitalization, nursing home admission, and even death. Hip fractures and head injuries are the most common injuries resulting from a fall. Many falls are preventable with some small changes you can make. Falls rarely have a single cause. Usually, a person has several risk factors that combine to make a fall more likely. The chance of falling increases as we get older. Health problems such as pain, heart disease, muscle weakness, poor balance or vision, foot problems, Parkinson's disease, dementia, and even certain medications can increase your chance of falling. Risky items around the home (throw rugs or poor lighting) make falls more likely as well.

If you are an older adult or helping to care for an older person here are some tips to help you avoid falls

Tell your healthcare provider if you have had a fall. If you fall, let your healthcare provider know right away. It is important to tell them, even if you were not injured. Think carefully about what might have caused the fall.

A fall could also be related to a medical problem. Talking with your healthcare provider about a fall evaluation may be needed, and helpful, to find the cause and help reduce your risk of another fall.

Review your medications. Put all of your medications in a bag and bring them with you to your next visit with your healthcare provider. This includes prescription drugs, over-the-counter medications, vitamins, or any other pills that you take.

Make a fall prevention plan with your healthcare provider. Your healthcare provider may check your balance, how you walk, and your leg strength. They will also check your blood pressure, heart rate and rhythm, plus your vision and hearing. Based on what your provider finds they may recommend therapy, assistive devices (cane, walker) or medication changes.

If you have more than one risk factor, it may take more than one visit or conversation to ensure that the best fall prevention plan is in place.

Get regular vision and hearing checks. Your vision and hearing are part of your balance? Getting regular checkups, and updating your eyewear and hearing aids can help you stay more balanced and mobile.

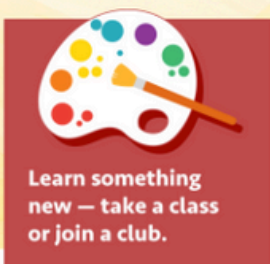
Make your home safer. Clear clutter, keep walkways clear, add additional lighting to dimly lit rooms, remove or tape down area and throw rugs, keep cords secure, add hand rails and grab bars to your stairs and bathroom, wear slip resistant shoes and footwear.

Tips To BOOST Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



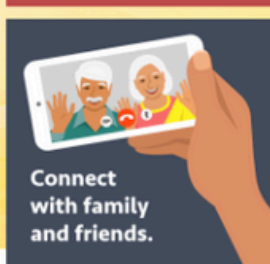
Manage stress — try yoga or keep a journal.



Learn something new — take a class or join a club.



Go to the doctor regularly.



Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



Rabies Vaccination Clinics

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.

September 28th is World Rabies Day!

Although fatal once clinical signs appear, rabies is entirely avoidable. You can help prevent rabies infections by vaccinating your pets and keeping them away from wildlife that can spread the disease. If you or your pet have direct contact with a wild animal, call Warren County Public Health 518-761-6580 for guidance.



September is National Preparedness Month

Learn how you can help your community before, during and after a disaster or emergency. [Get involved](#).

Volunteer & Donate

During disaster response, affected communities depend heavily on local and national volunteer organizations to provide trained volunteers and much-needed donated supplies. Get involved today by donating to or volunteering with a reputable organization.

Remember, cash is best. During a disaster, you can donate to a recognized disaster relief organization. Financial contributions are the fastest, most flexible and most effective method of donating.

Volunteer to respond to disasters and help your community. Join a Community Emergency Response Team (CERT) program and get trained on basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.

Train & Educate

You could help save countless lives by taking simple actions to prepare your community or organization for a disaster before one strikes. FEMA offers free trainings and education tools to train yourself and others on the best ways to prepare for, respond to, and recover from a disaster or emergency.

You Are the Help Until Help Arrives, designed by FEMA, are offered as online or in-person trainings where you learn the basics of how to save a life before a professional arrives.

Teach preparedness curriculum in your school or childcare facility. Download everything you need for grades K-12 through our Ready Kids program.

Promote preparedness online by sharing preparedness tips on your social media accounts with Ready's online social media toolkit or public service announcements.

Take a free online independent study course through FEMA's Emergency Management Institute or a CPR course through the American Red Cross and gain more knowledge to help your community become more prepared.

Take FEMA's OPEN training to prepare your Community Based Organization for emergency needs.

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Last Updated: 04/03/2025

