

FOR THE HEALTH OF IT!



National Immunization Month

Immunizations remain one of the safest and most effective ways to keep people healthy from numerous diseases. Unfortunately in the United States disinformation campaigns have eroded the trust in these scientific breakthroughs. Because of this, immunization rates for many childhood diseases have started to fall and some of these diseases have made a comeback.

One disease that has been increasing because of lower vaccination rates is measles. Measles is one of the most contagious diseases known. It is estimated that 90% of unvaccinated people who come in close contact with an infected person will develop measles.

Warren County Public Health encourages all parents, caregivers and adults to talk openly with your child's and your own healthcare provider about vaccines and any hesitation you might have. Talking with a trusted provider can help alleviate fear and provide accurate information about vaccines including their safety, effectiveness and potential side effects. A well-informed patient is a powerful patient.

Be careful about online searches for vaccine information. Studies have shown that false and misleading vaccine stories and information are often shown in searches ahead of well-researched materials. This is due to algorithms that are designed to maximize clicks and revenue regardless of the accuracy of information being provided.

Additionally, artificial intelligence (AI) is now creating online content often with little or no human oversight. It is important to contact a healthcare provider or even County immunization staff if you have read something or heard something online that seems inaccurate or raises questions. Talking to a real person can help ensure the information you have seen is accurate.

For a list of vaccines for children and adults click the links on page 2. You can contact the Warren County Public Health immunization team at 518-761-6580 with any questions or ask about where and how you can receive a vaccine.

IN THIS ISSUE

National Immunization Month.....	1
Vaccines Required for School.....	2
National Eye Exam Month.....	2
Summer Sun Safety: Eyes.....	2
Food Safe Summer.....	3
Rabies Clinics.....	3
Home Garden Harvest.....	3
World Breastfeeding Week.....	4
International Overdose Awareness Day.....	4
Summer Health Reminders.....	5
July Program Highlights.....	6
Upcoming August Events.....	7

Vaccines required for day care, pre-K, and school attendance

- Diphtheria and Tetanus toxoid-containing vaccine and Pertussis vaccine (DTaP or Tdap)
- Hepatitis B vaccine
- Measles, Mumps and Rubella vaccine (MMR)
- Polio vaccine
- Varicella (Chickenpox) vaccine

Additional vaccines required for middle school and high school

- Tdap vaccine for Grades 6-12
- Meningococcal conjugate vaccine (MenACWY) for Grades 7-12
 - Students in Grade 12 need an additional booster dose of MenACWY on or after their 16th birthday

Additional vaccines required for day care and pre-K

- Haemophilus influenzae type b conjugate vaccine (HiB)
- Pneumococcal Conjugate vaccine (PCV)

For a complete childhood vaccination schedule go to the [New York State Department of Vaccine Excellence](#).

Adult Vaccines Recommended

Don't forget that adults need vaccinations too. The types of vaccines adults need will vary with age. Talk with your healthcare provider about what vaccines you may need based on your age and time of year. For a list of recommended adult vaccines visit the [New York State Adult Immunizations](#) page.

National Eye Exam Month

You might be surprised to know that there is more to an eye exam than just checking your visual clarity. A comprehensive eye exam is an important part of your overall health.

What is a Comprehensive Eye Exam?

A comprehensive eye exam is an important part of caring for your overall health, whether you need vision correction or not. By looking into your eyes, your doctor can check for signs of serious health conditions like hypertension and diabetes.

During a comprehensive eye exam, your eye doctor will look for signs of glaucoma, perform tests to check your vision sharpness, determine your prescription strength, examine how your eyes work together, and check the fluid pressure in your eyes. They may also dilate your eyes to see if you have any eye conditions or signs of other serious health conditions.

Here are three reasons why you should visit your eye doctor every year:

- 1. Detects Early Signs of Chronic Diseases like Diabetes.** Regular eye exams are critical because what may seem like a vision-related problem might be an indication of a broader health issue.
- 2. Some Eye Diseases Are Symptom-Free.** Getting an annual eye exam can help detect health conditions before they progress and may help preserve your vision.
- 3. Your Vision Might Not Be as Clear as You Think.** You may not notice that your vision changed, but an eye exam can reveal if you need glasses, contacts or an update to your current prescription.



Summer Sun Safety: Eyes



Summertime often means long hours in the sun. Most of us remember to protect our skin by applying sunblock, but don't forget that your eyes need protection as well. It is important to start wearing proper eye protection at an early age to shield your eyes from years of ultraviolet exposure.

UV Light Can Damage Your Eyes

Too much exposure to UV light raises your risk of eye diseases and other problems. A few of the eye conditions you can avoid by wearing sunglasses include Cataracts, eye cancers, growths on the eye, and snow blindness.

Protect Your Eyes From Sun Damage in Every Season

Many sunglasses shoppers forget to check the UV rating before purchasing a pair. Be sure to select sunglasses that provide 100% UV or UV400 protection, or block both UV-A and UV-B rays. If you're unsure, check out our recommended types of sunglasses.

Here are additional tips to protect your eyes from UV damage, no matter what the season:

- Wear a hat along with your sunglasses. Broad-brimmed hats are best.
- Protect children and senior citizens with hats and sunglasses. Everyone is at risk for sun damage.
- Know that clouds don't block UV light. The sun's rays can pass through haze and clouds.
- Sunlight is strongest midday to early afternoon. It is also stronger at higher altitudes and when reflected off of water, ice, or snow.
- Never look directly at the sun. Doing so at any time, including during an eclipse, can damage the eye's retina and cause a serious injury known as solar retinopathy.
- Avoid tanning beds. Tanning beds pose the same risks to your eyes and body as outdoor UV light.

By embracing these simple guidelines, you and your family can enjoy the sun safely all year long.



HAVE A FOOD SAFE SUMMER



While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6

Approximate number of Americans stricken with food poisoning each year



128,000

Estimated annual hospitalizations from foodborne illnesses



Did You Know?
U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).



Basic Tips

CLEAN

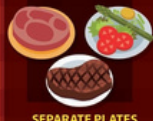


CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring moist towelettes to use!



Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

SEPARATE



SEPARATE PLATES AND UTENSILS. When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

COOK



USE A FOOD THERMOMETER.



Burgers: 160°F
Just because your burger is brown, not pink, doesn't mean it's safe to eat!

CHILL



CHILL RAW AND PREPARED FOODS PROMPTLY if not consuming after cooking.



Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

Burgers: 160°F.



Sausage: 160°F.

Chicken and Turkey: 165°F.

Steaks: 145°F with a 3-minute rest time.

FRUIT SALAD

Rinse all produce before peeling or chopping.



Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.



ADDITIONAL SOURCE: CDC



For more summer food safety tips, go to

FoodSafety.gov

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

Home Garden Harvest: What To Do With Extra Produce

According to Cornell University and the [Cornell Cooperative Extension](#), you can manage extra garden produce through three main methods: preserving food safely, sharing with others, and composting waste. See the links included in this article for details.

Food Preservation

- Canning: Use water bath or pressure methods for tomatoes, pickles, and salsas following tested guidelines from the [Food Preservation Program](#).
- Freezing: Blanch and vacuum-seal vegetables to keep them fresh for long-term storage.
- Drying: Dehydrate fruits and herbs in a food dehydrator.

Sharing and Donating

- Community: Give extra fruits and vegetables directly to your neighbors, friends, or family.
- Donations: Offer fresh harvest items to local food pantries or soup kitchens if allowed.

Composting

- Yard Waste: Turn spoiled or rotten parts of plants into rich organic matter using a balanced mix of green and brown materials.
- Management: Build a three-foot cubed bin to aerate and moisten your pile properly.

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.

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



World Breastfeeding Week

The first week of August is World Breastfeeding Week. This year focuses on tracking progress and evaluating breastfeeding impact on nutrition, food security and poverty reduction. Protecting, promoting and supporting breastfeeding ensures optimum nutrition and food security. It saves both maternal and infant lives. It also supports nutrition, development and lifelong health. Breastmilk is a low-cost, locally available nutrition for all.

Breastmilk supplies all the necessary nutrients in the proper amounts for infants. It provides unique nutrients and antibodies that help protect babies from diseases such as ear infections and lower respiratory infections. Breastmilk helps protect infants against allergies and sudden infant death syndrome (SIDS). Breastmilk is easily digested, and breastfed infants rarely have constipation and have less diarrhea. Breastfed infants are less likely to become overweight or develop diabetes.

Good nutrition during the first 2 years of life is vital for healthy growth and development. Starting good nutrition practices early can help children develop healthy dietary patterns.

Healthy People 2030 includes the goal to increase the proportion of infants who are breastfed exclusively through 6 months of age. As of 2022, about 28% of infants were exclusively breastfed and 40.8% of infants were breastfed in some capacity at 1 year. Strategies like peer support, education, longer maternity leaves, and breastfeeding support in the hospital, workplace, and community may help more women breastfeed longer.

If you or someone you know is in need of breastfeeding education or support you can contact the Joyce Stock Snuggery at Glens Falls Hospital at 518-926-6055. They host the Bundle of Joy Baby Cafe monthly at the hospital for individuals who are pregnant and interested in breastfeeding, currently breastfeeding, have questions, or just need support. You can call the snuggler or register online <https://www.albanymed.org/event/bundle-of-joy-baby-cafe/2026-08-05-0930/>. You can also contact Warren County WIC at 518-761-6425 for breastfeeding support.

World Breastfeeding Week Walk August 7th 10-12 Glens Falls City Park



August 7th 2026
10AM-12PM

CITY PARK
GLEN FALLS

Come Walk to Promote
World Breastfeeding Week
with Warren County WIC Program and
The Warren/Washington County
Breastfeeding Coalition



Rain Date: August 21st 10 AM to 12 PM

International Overdose Awareness Day

August 31 is recognized as International Overdose Awareness Day the world's largest annual campaign to end overdose, remember those we have lost to an overdose, acknowledge the grief of the family and friends left behind, and renew our commitment to end overdose and related harms.

The campaign raises awareness of overdose, which is one of the world's worst public health crises and stimulates action and discussion about evidence-based overdose prevention and drug policy.

What is an Overdose?

An overdose can happen when the body is overwhelmed by a toxic amount of substance or combination of substances. It's possible to overdose on many substances if they are abused, including alcohol, illicit drugs, and even prescribed medication.

What Are the Signs of Overdose & Overdose Symptoms?

The physical and psychological signs of a drug overdose can vary depending on the type of drug taken and whether the drug was taken in combination with other substances.

Common signs and symptoms of a drug overdose can include:

- Dilated pupils, Nausea or vomiting, Headache, Chest pain.
- Seizures, Convulsions or tremors, blue lips or fingers, abnormally high body temperature.
- Severe difficulty breathing, shallow breathing, or complete cessation of breath.
- Gurgling sounds that indicate the person's airway is blocked.
- Violent or aggressive behavior, Paranoia, Agitation.
- Disorientation or confusion, Unresponsiveness, Unconsciousness.
- Death.



SUMMER HEALTH REMINDERS

Water and Foodborne Illnesses

Every summer there is an uptick in water and foodborne illness reports. You might have seen a multistate Cyclosporiasis outbreak in the news recently. While Warren County has not had any reported Cyclosporiasis cases, there have been reports of other common illnesses such as Campylobacteriosis, Salmonellosis, and Giardiasis.

These illnesses are caused by eating food or drinking beverages contaminated with germs (bacteria, viruses, or parasites), swallowing contaminated recreational or drinking water, contact with infected animals or their environment, or sometimes person-to-person.

Symptoms of these illnesses commonly include upset stomach, abdominal cramps, fever, diarrhea, and/or vomiting. Most people recover within a few days and without treatment. If you have persistent symptoms talk with your doctor about testing and if treatment is right for you.

You can lower your risk of getting sick by keeping your hands and cooking surfaces clean, clean your fruits and vegetables by running them under warm water for 20 seconds and scrubbing with a clean kitchen scrub brush, cooking food to proper temperatures, and refrigerating leftovers properly.

Rabies Exposures - let wild animals be wild

Warmer weather and outdoor activities increase the chance of encounters with wild animals. Rabies is a rare viral disease in mammals that infects the central nervous system. It is transmitted to humans and other mammals through the saliva of an infected animal that bites them. The majority of rabies cases reports occur in wild animals like raccoons, skunks, bats, and foxes. You can't tell by looking if an animal has rabies, but its behavior may offer clues. They may act hostile and try to bite, or it could move unusually slowly and seem to lost its natural fear of humans.

If you have an encounter with a wild animal, are bitten, or wake up to a bat in your room: Clean any wounds with soap and water, consult with your provider about potential infections

If possible, safely capture the animal - it might be tested for rabies

Call your local health department to determine the best course of action and if you need rabies post exposure treatment.

In addition to keeping your pets up to date on their rabies vaccinations, you should talk to your kids about the risks of petting animals they do not know.

Tickborne Diseases

Ticks have become extremely prevalent and almost everyone has had some sort of encounter with one. If you find a tick attached to your skin you should remove it with clean tweezers or tick removal tool, clean the bite area with soap and water, and monitor for symptoms.

If you have questions or concerns about ticks and tickborne diseases, your healthcare provider and local health department are your go-to. Warren County Public Health wants to remind people that talking to a real person about ticks, tick bites, and signs of illness is the recommended course of action to ensure you can get the testing and treatment you might need.

As technology evolves and AI expands into healthcare, it's important to remember that limitations exist. AI tools may be able to give general information about ticks, tick bites, and when to seek care, but it cannot diagnose or perceive the true risk of illness or injury. AI powered tools should not be relied upon when it comes to your health.

JULY PROGRAM SPOTLIGHT

Hadley-Luzerne Summer Success Program



Health Educator “Miss Katie” spent a few mornings this month reminding summer success students how to stay safe and healthy as they enjoy all their summer fun! Some of the topics covered included sun safety, water safety, outdoor safety, injury prevention, and handwashing!

Bolton Farmers Market



Health Educators set up at the Bolton Farmer’s Market to educate the community on the services available to support health and safety. We are very excited to return again in August!

Don's Retirement



WCHS wished a fond farewell to Public Health Assistant Don Stack this month. Don worked as a Public Health Assistant for 6-1/2 years, and served as an important part of our Public Health team's rabies program, COVID-19 response and more. He also was an integral part of our Emergency Response and Preparedness Committee. We wish him all the best in his new chapter!

Tawn's Retirement



WCHS celebrated Fiscal Manager Tawn Driscoll on her retirement! Tawn is retiring after nearly 22 years in our financial office, working tirelessly, to make sure all of our books, grants, contracts and reimbursements were in order! We wish her a wonderful retirement full of happiness and adventure!

Stepping into the role of Fiscal Manager is Marie DeLorenzo! Marie began at WCHS in 2020 as a Contact Tracer before moving on to become our Business Specialist in 2021. We are very excited to have her carry on in this new role!

AUGUST EVENTS

**August
8th
10am-
12pm**

Rabies Clinic Chester Fire Department

Registration required, visit <https://www.warrencountyny.gov/healthservices>
Registration dates: 7/29/26-8/05/26

Narcan Distribution Day Human Services Building Entrance

Join Public Health, Alliance for Positive Health, Hope and Healing, and Fidelis to learn about the life saving impacts of opioid overdose reversal medications.

**August
12th
12pm-2pm**

**August
14th
9am-1pm**

Bolton Landing Farmers Market Blessed Sacrament Parking Lot

Learn about ways to stay safe and healthy this summer!

Stream Clean-Up at Hovey Pond Park

Public Health will be at Soil & Water's annual clean up event to talk about ticks and tickborne illnesses.

**August
28th
1pm-3pm**

**August
28th
9am-1pm**

Bolton Landing Farmers Market Blessed Sacrament Parking Lot

Learn about ways to stay safe and healthy this summer!

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