

FOR THE HEALTH OF IT!



June - Men's Health Month

Did you know that women outlive men by an average of 4.9 years. This life expectancy gap is due to a combination of biological, behavioral, and social factors.

This June men can work to close the life expectancy gap by taking some simple steps

1. Reduce the risk for unintentional injuries. Wear protective safety gear when working on the job or at home. Do not use alcohol while driving, working with power-tools, climbing ladders, or participating in activities that required your full attention.
2. Get regular check-ups. Certain diseases like diabetes and high blood pressure can be controlled and sometimes reversed with life-style changes and medication, but only if you know you have them.
3. Limit alcohol intake to no more than 2 drinks a day.
4. Quit smoking.
5. Take care of your mental health. If you're struggling ask for help. Asking for help is a sign of strength not weakness. If your in crisis call 988 or 911.

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Men's Health Cont.

It is important for men to be proactive and ask your doctor about preventive health screenings and vaccines you might need. Here is quick checklist of possible screenings you might need

- **Colorectal Cancer Screening** - for men ages 45 -75 (may vary based on risk factors). Ask about screening options with your doctor.
- **Skin Cancer Screenings** - do monthly self-checks and have suspicious changes in moles or the development of lesions or sores checked by a dermatologist (skin doctor).
- **Prostate Cancer Screening** - talk with your doctor about screenings at age 50 (earlier for high-risk populations).
- **Diabetes Screening** - begin at 35 if you are overweight/obese. If your results are normal testing every 3-years is recommended
- **Annual Eye Exams** - correcting vision problems reduces the risk for unintentional injuries. Eye exams can potentially reveal other health issues especially if you have diabetes, high blood pressure or certain chronic diseases.

Vaccines

The need for certain vaccines will vary based on age, lifestyle, and occupation. Talk to your doctor about any vaccines you might need including updated tetanus shots, annual flu shots, and more based on age. You can also check out the [New York State Immunization page](#) .



Be Prepared - Learn CPR

You could be the difference between life and death for someone experiencing a cardiac event.

Be ready to act by learning CPR.

The first week of June is National CPR and AED Awareness Week, spotlighting how lives can be saved if more people know CPR and how to use an AED. Did you know about 70% of out-of-hospital cardiac arrests happen in homes? If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love.

For adults, Hands-Only CPR has been shown to be as effective in the first few minutes as CPR with breaths for cardiac arrest at home, at work or in public. Hands-Only CPR has two easy steps:

1. Call 911 if you see a teen or adult suddenly collapse.
2. Push hard and fast in the center of the chest to the beat of a song that has 100 to 120 beats per minutes.

Visit cpr.heart.org for more information about CPR and AED skills.

Ticks

If you are spending time outdoors, you need to take precautions for yourself, your family and your pets.

- Avoid areas with tall grass and leaf litter. Walk in the center of trails.
- Use repellent that contains 20% or more DEET, picaridin, or IR3535 on exposed skin. Find the right repellent for you by visiting www.epa.gov/insect-repellents/find-repellent-right-you.
- Use products that contain permethrin to treat clothing and gear
- Treat dogs for ticks. They are susceptible to tick bites and may bring ticks into your home.
- Shower as soon as possible after coming indoors to wash off and more easily find crawling ticks before they bite you.
- Conduct a full body tick check in a mirror.
- Remove any ticks right away.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on clothing after coming indoors.



Bats and Rabies

Less than 3% of bats sent for rabies testing in New York State have rabies. However, you cannot tell if a bat is rabid just by looking at it, so you should always stay away from and not handle bats. Most people today who get rabies were exposed to a bat. If you think you had contact with a bat, or woke up to a bat flying around your room, you should safely capture the bat and call your local health department.

If you have direct contact with a bat, the bat should be captured and tested for rabies. If possible, capture the bat without touching it and without damaging its head. Bats found close to a young child who was alone, a person who was sleeping, a person with a sensory or mental disability, or a pet should also be tested. If the bat is not captured and tested, or if it is captured and tests positive, anyone who may have been exposed should be given the rabies vaccine as soon as possible.

How can you safely capture a bat? Carefully avoid direct contact and avoid damaging its head. Follow these steps:

- Close the windows and doors; turn on the lights if the room is dark
- Wait for the bat to land
- Wearing gloves, cover the bat with a can or similar container
- Slide a piece of cardboard under the container
- With one hand firmly holding the cardboard in place against the top of the can, turn the can right side up
- Replace the cardboard with a lid or tape the cardboard to the container
- If necessary, use forceps or a net to grab the bat and slide it into the container

Lawn & Garden Safety

Good safety habits start before you even set foot in your garden. Simple safety tips...

Wear appropriate gardening attire. Flip flops and shorts are not appropriate attire. Wear sturdy, closed-toe non-skid shoes or boots, long pants, long sleeved shirts, and a wide-brimmed hat.

Apply sunscreen. Remember to apply sunscreen to protect against sunburn and skin cancer. Don't forget your ears and the back of your neck.

Apply insect repellent. Apply insect repellent to protect against insect bites and ticks.

Wear safety gear. Safety goggles can prevent a piece of dirt on a windy day, a flying insect, or flying plant debris from causing an eye injury. Earplugs are essential for protecting your hearing while using loud equipment. If spraying chemicals of any kind, wear a mask to avoid inhaling fumes.

Wear gardening gloves. They protect your hands from bacteria or fungi in the soil that could cause inflammation or an infection, particularly if you have an open wound. Gloves can help protect against bee stings, insect bites, and skin irritation from contact with poison ivy or other poisonous plants. And very importantly, gardening gloves help protect your hands from cuts, abrasions, blisters and sun damage. While gloves with a rubberized coating are generally adequate for most gardening tasks, sturdy leather gloves offer better protection against puncture-type injuries caused by thorns, briars, nettles, and other sharp plant parts.

Keep a first aid kit handy. if you cut yourself, you need to clean the wound and apply a bandage to stop the bleeding and keep dirt and bacteria out of the wound. An untreated wound can easily become infected causing a more serious problem.

Stay alert to your surroundings. Be on the lookout for tripping hazards such as uneven ground, rocky terrain, exposed tree roots, fallen branches, or holes in the soil where animals have been digging. Are there children's toys, tools and hoses lying about? Is there a slippery surface that might cause you to slip and fall? Are there power lines overhead that could interfere with pruning?

know what's underground before you dig. This is an important consideration for any digging you plan to do, but it's particularly important when planting a shrub or tree that requires a deep planting hole. There could be buried water, sewer or other utility pipelines in the area where you plan to dig. Dial 8-1-1 before you dig to have utilities marked for free.

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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.

July 18th 10am-Noon

Queensbury Community Center
742 Bay Rd

Registration dates: 7/8/26-7/15/26

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



Don't reach into places where you can't see. Always make sure you have a clear line of sight into the area where you are working. Lots of creatures share our gardens with us. A few that come to mind are bees, spiders, ticks, snakes and small mammals. There is also the possibility of encountering poison ivy, briars, nettles, or other plants that can irritate or injure your skin.

Use the right tool. Reduce stress injuries to your body by using the right tool for the job. For gardeners with arthritis or other debilitating conditions, ergonomically designed gardening tools can make gardening more comfortable and less stressful on the body. Consider battery-operated tools, which can significantly reduce the amount of time and energy needed for routine gardening tasks such as shearing or pruning.

Maintain tools to keep them in good working order. A tool that is dull or poorly maintained requires extra physical exertion leading to body fatigue and stress injuries to muscles, tendons and joints. A dull shovel, spade, axe or other tool can unexpectedly slip or bounce, contributing to an impact injury. Also, avoid carelessly tossing tools on the ground, especially tools with sharp or pointed edges such as rakes, hoes, weeders, and gardening shears that could cause serious injury if stepped or fallen on.

Handle chemicals responsibly. When using pesticides, fungicides, fertilizers, weed and brush killers, gardeners need to protect themselves as well as family members, pets, other animals and the environment. Before using a chemical, it's important to read and adhere to the instructions for its use, any safety hazards they may pose, and best practices for its disposal. They should always be safely stored in their original containers.

Lawnmower Safety

Lawn mowers are helpful tools, but they can also be very dangerous. Each year, many people suffer deep cuts, loss of fingers and toes, crushed and broken bones, burns, and other injuries due to improper or careless use of lawn mowers.

Maintain Your Lawn Mower

- Keep lawn mowers in good working order. When using a lawn mower for the first time in a season, have it serviced to ensure that it is working correctly.
- Be sure the motor is off before inspecting or repairing lawn mower equipment.
- Use a stick or broom handle (not your hands or feet) to remove debris in lawnmowers.

Operate Your Lawn Mower Properly

- Read the instruction manual before using a lawn mower.
- Do not remove safety devices, shields, or guards on switches.
- Add fuel before starting the engine, not when it is running or hot.
- Do not leave a lawn mower unattended when it is running. If you must walk away from the machine, shut off the engine.
- Stay away from the engine cover, as it can become very hot and burn unprotected flesh.

Use Caution

- Wear protective gloves, goggles, sturdy shoes, and long pants when you use lawn mowers. Never mow barefoot, or in sandals or flip flops.
- Do not drink alcoholic beverages before operating a lawn mower.
- Avoid distractions. Do not talk on your cell phone, text, or listen to music while mowing.
- Hands and feet should never be used to touch the lawn mower blade under any circumstances, even if the engine is off. If there is debris obstructing the blade, once you clear it, the blade can quickly swing around and cause serious injury.

Keep Children Safe

- Teach children to stay away from all lawn mowers, even those that are not currently in use.
- Children should not be allowed to play in or near where a lawn mower is being used.
- Never allow a child, or any other passenger, to ride on a mower, even with parents.
- Look behind you when backing up on a rider mower to avoid hitting children who may be playing behind you.
- Children should be at least 12 years of age before operating a push lawn mower, and age 16 to operate a riding lawn mower.

Consider the Terrain

- Remove stones, toys and debris from the lawn before mowing to prevent injuries from flying objects.
- Use caution when mowing hills and slopes. Mow across slopes with a push mower to avoid pulling the mower over your feet if you happen to slip. Mow up and down slopes with a riding mower to prevent the mower from tipping over.
- Do not cut wet grass.

June is Alzheimer's and Brain Awareness Month

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possible Alzheimer's and dementia.

Incorporate some or all of these habits into your life to help maintain a healthy brain.

10 Healthy Habits for Your Brain

1. Challenge your mind
2. Stay in school
3. Get moving
4. Protect your head
5. Be smoke-free
6. Control your blood pressure
7. Manage diabetes
8. Eat right
9. Maintain a healthy weight
10. Sleep well

Some cognitive changes are a normal part of getting older, but you can take steps to slow that decline. More significant decline or severe changes are not normal and may be a sign of Alzheimer's disease or other dementia. For more information visit alz.org or call their 24/7 helpline 800-272-3900.

MAY PROGRAM SPOTLIGHT

Chalk The Walk May 27th



The Health Education team brought out the Colon Cave to highlight the gut-brain connection: the two-way, biochemical and neural communication network linking your gastrointestinal tract and your central nervous system. Because your gut contains its own extensive nervous system (the enteric nervous system), it acts as a "second brain" that directly impacts your mood, emotions, and physical well-being.

QUFSD Wellness Fair



Our educators enjoyed a night of the arts by the students of Queensbury School. Educators showcased the art of health, wellness, and safety to students and parents as they explored the creative works lining the halls

Car Seat Check Event- Glens Falls Head Start



Warren County Public Health's car seat techs spent a few hours at Glens Falls Head Start providing free car seat safety checks.

Our techs can be found at various check events hosted across the county or by calling our office at (518)761-6580!

Big changes are afoot at Warren County Health Services!

Recently, Patricia Belden was named Director of Health Services. Pat began her career with WCHS as a nurse before transitioning to deputy director, and now Director! We are all very excited to see the impacts of Pat's passion and drive continue to benefit our community!

Joining Pat, we are all excited to welcome Jignasha Shah to her new role as Deputy Director of Health Services! Jigs has filled many roles within the department from Nutritionist to WIC Coordinator and Public Health Program Manager. She is best known for her unwavering passion and unending fountain of energy that she pours into her projects and our community!

We all look forward to seeing the what great accomplishments can be achieved under their leadership!

JUNE EVENTS

**June 5th
10-12**

Tick Table at Outdoor Friday Family Services Association

Learn about ticks and tick-borne diseases! Receive a free tick removal kit!

Sun Safety Presentation Hillview Library, Diamond Point

Learn about staying safe in the sun this summer!

Registration required, visit <https://www.hillviewfreelibrary.com/events-1>.

**June 12th
4pm**

**June 26th
10-12**

Colon Cave at Outdoor Friday Family Services Association

Take a stroll through the Colon Cave to learn about the importance of colorectal cancer screenings! (Weather permitting)

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