

# FOR THE HEALTH OF IT!



### 2026 Theme:

### **See the Person. Support the Journey.**

Mental Health is part of everyday life. It shapes how we think, feel, connect with others, and move through the world. *This year's theme highlights the importance of:*

- **Noticing early signs of mental health concerns.**
- **Strengthening the support around us.**
- **Responding with care and compassion during challenging moments.**

When mental health challenges arise, they often intersect with substance use, and whole person care that addresses both is essential to lasting recovery and well-being.

Visit SAMHSA <https://www.samhsa.gov/about/digital-toolkits/mental-health-awareness-month> for more information about Mental Health Awareness Month and to better understand mental illnesses and how to support children, youth, and loved ones.

## *IN THIS ISSUE*

Mental Health Awareness Month .....	1
Hypertension Awareness.....	2
Stroke Awareness.....	2
World Thyroid Day .....	2
Ticks.....	3
Rabies Clinics.....	3
Hepatitis Awareness .....	4
Water Safety Awareness .....	4
April Program Highlights.....	5
Upcoming May Events.....	5

# Hypertension Awareness

## What is high blood pressure?

High blood pressure, also called hypertension, is when the force of blood flowing through your blood vessels, is consistently too high. If you have high blood pressure, you are not alone. Nearly half of American adults have high blood pressure. Many don't even know they have it. The best way to know if you have high blood pressure is to have your blood pressure checked.

## A 'silent killer.'

Most of the time there are no obvious symptoms. Certain physical traits and lifestyle choices can put you at a greater risk for high blood pressure, such as;

- Family history
- Smoking
- Physical inactivity
- Poor dietary choices

When left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to heart attack, stroke, kidney damage, dementia, and many other health threats.

## Preventing and managing high blood pressure

Healthy lifestyle choices are a great place to start. Do your best to increase physical activity.

Be aware of your diet, and try to increase healthier choices. Quit smoking. See your health care provider regularly. If you already have high blood pressure, be sure to take your medication as instructed. With proper treatment and management, you can control your blood pressure to help you live a longer and healthier life.

## How to accurately check your blood pressure

### BEFORE

- ➔ Avoid exercising, drinking caffeine, or smoking for 30 minutes prior.
- ➔ Go to the bathroom.
- ➔ Uncover your arm for the cuff.
- ➔ Sit and relax for at least 5 minutes.

### DURING

- ➔ Put your feet flat on the floor.
- ➔ Don't talk.
- ➔ Rest your arm on a table so it's supported and at the level of your heart.

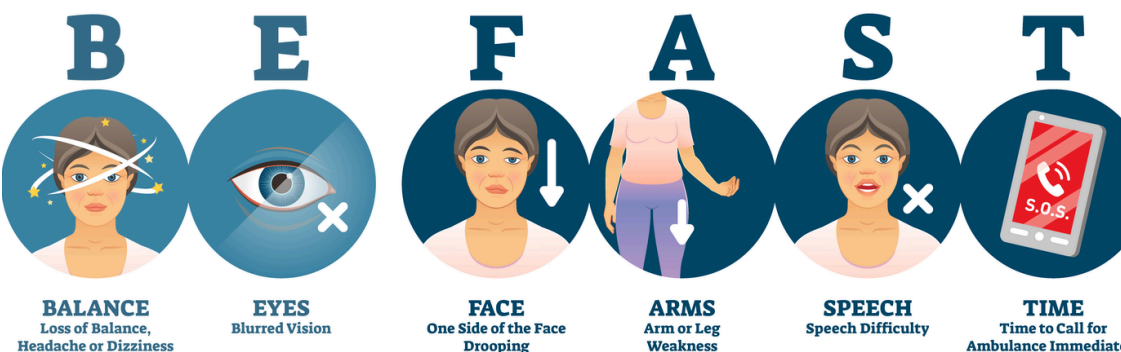


# Stroke Awareness Month

## Every 40 seconds, someone in the U.S. has a stroke.

It could happen on your street, at your workplace, or in a store where you shop – anywhere. Knowing how to recognize the warning signs and acting quickly can save a life and help prevent long-term disability.

Calling 911 is the fastest way to get stroke care. EMS can begin treatment immediately and alert the hospital stroke team before you arrive. That's why it's so important to learn the stroke warning signs and urge everyone you know to do the same.



# World Thyroid Day May 25<sup>th</sup>



May 25<sup>th</sup> is observed annually to raise awareness about thyroid health and disorders, serving a global initiative to educate on thyroid disorders, symptoms, and the importance of early diagnosis, supported by organizations like the American Thyroid Association.

- Thyroid disease is an umbrella term for conditions that affect how your thyroid functions.
- Hypothyroidism and hyperthyroidism are the two main types of thyroid disease.
- Each one has multiple possible causes.
- thyroid diseases are treatable- usually with medication.
- Talk to your provider if you experience any symptoms, or have a medical history or thyroid disease.



# Ticks

With warmer weather approaching, there is already an increased risk of tick encounters. Not all ticks cause disease and not all bites will make you sick, but you need to know how to prevent a bite, how to remove a tick, and what to do if you think you have a tick-borne disease.

Blacklegged ticks (deer ticks) live in shady, moist areas at ground level. They will cling to tall grass, brush and shrubs, usually no more than 18-24 inches off the ground. They also live in lawns and gardens, especially at the edges of woods.

Once a tick gets on the skin, it generally climbs upward until it reaches a protected area such as behind an ear, in an armpit, in the hair, etc.

You can protect yourself:

- Wear light-colored clothing with a tight weave to spot ticks easily.
- Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pant legs into socks or boots and shirt into pants.
- Consider using insect repellent.
- Stay on cleared, well-traveled trails. Walk in the center of trails. Avoid dense woods and bushy areas.
- Avoid sitting directly on the ground, on fallen logs or on stone walls.
- Keep long hair tied back, especially when gardening.
- Bathe or shower as soon as possible after going indoors (preferably within two hours) to wash off and more easily find ticks that may be on you.
- Do a final, full-body tick check at the end of the day (also check children and pets), and remove ticks promptly.

Warren County has a tick reporting system online. If you find ticks, you can report the encounter to help raise awareness of their hot spots. Visits the Warren County Health Services website for more information.

## Upcoming Tick Education Events

- **May 15<sup>th</sup> 4pm - Tick Presentation at the Hillview Library**
- **May 22<sup>nd</sup> 11-1 - Tick Table at Cole's Woods**
- **June 5<sup>th</sup> 10-12 - Tick Table at Family Services Association**



## 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.**

### May 16<sup>th</sup> 10am-Noon

Chester Fire House  
State Route 8

*Registration dates: 5/6/26-5/13/26*

### July 18<sup>th</sup> 10am-Noon

Queensbury Community Center  
742 Bay Rd

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

### August 8<sup>th</sup> 10am-Noon

Chester Fire House  
State Route 8

*Registration dates: 7/29/26-8/5/26*

### September 26<sup>th</sup> 10am-Noon

Queensbury Community Center  
742 Bay Rd

*Registration dates: 9/16/26-9/23/26*

### October 17<sup>th</sup> 10am-Noon

Queensbury Community Center  
742 Bay Rd

*Registration dates: 10/7/26-10/14/26*



# Hepatitis Awareness Month

Viral hepatitis is a major public health threat, and hundreds of thousands of people in the United States don't even know they are infected. Hepatitis A and hepatitis B are vaccine preventable and hepatitis C can be cured! May 19<sup>th</sup> is National Hepatitis Testing Day. CDC recommends that all adults aged 18 years and older be screened at least once in their lifetimes for hepatitis B and C.

Know Your Hepatitis **A B C**s

How Does Hepatitis Spread? **A**

Person-to-person contact (including sex with a person who is infected)

Eating contaminated food or drink



#HEPATITISAWARENESSMONTH

Hepatitis A infection usually causes a mild, short-term illness. Symptoms could include fever, joint pain, and yellow skin or eyes (jaundice). There is no specific treatment. Vaccination is the best way to prevent infection.

Know Your Hepatitis **A B C**s

How Does Hepatitis Spread? **B**

Birth from a person who is infected


Sex with a person who is infected

Sharing contaminated equipment such as syringes/needles or personal items such as razors

Contact with blood or open sores of a person who is infected

Poor infection control at health care facilities

Tattoos or piercings in unregulated settings



#HEPATITISAWARENESSMONTH

Most people with hepatitis B do not look or feel sick. Getting tested is the only way to know if you have it and get treatment. You can prevent infection by getting vaccinated. There's no cure for hepatitis B, but treatments can help delay or reduce the risk of developing liver cancer.

Know Your Hepatitis **A B C**s

How Does Hepatitis Spread? **C**


Birth from a person who is infected

Sex with a person who is infected

Sharing contaminated equipment

Poor infection control at health care facilities

Tattoos or piercings in unregulated settings



#HEPATITISAWARENESSMONTH

Most people with hepatitis C don't know they have it. If left untreated, chronic hepatitis C can cause serious health problems including liver damage, liver cancer, and even death. There's no vaccine to prevent hepatitis C, but there are curative treatments available. Testing is the first step.

# Water Safety Month



It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen. Death and injury from drownings happen every day in home pools and hot tubs, at the beach or in oceans, lakes, rivers and streams, bathtubs, and even buckets.

Take these sensible precautions when you're around water (even if you're not planning to swim):

- Know your limitations, including physical fitness, medical conditions.
- Never swim alone; swim with lifeguards and/or water watchers present.
- Wear a U.S. Coast Guard-approved life jacket appropriate for your weight and size and the water activity. Always wear a life jacket while boating, regardless of swimming skill.
- Swim sober.
- Understand the dangers of hyperventilation and hypoxic blackout.
- Know how to call for help.
- Understand and adjust for the unique risks of the water environment you are in, such as:
  - River currents.
  - Ocean rip currents.
  - Water temperature.
  - Shallow or unclear water.
  - Underwater hazards, such as vegetation and animals.

# APRIL PROGRAM SPOTLIGHT

## Colon Cancer Awareness Town of Chester, Warren County



This program emphasizes on understanding digestive health, ways of screening, available services, and more! Warren County Health Services along with our friends from the Cancer Services Program at Glens Falls Hospital are pictured along with community members walking through the interactive cave.

## Car Seat Program Presentation SACCN

### Car Seat Safety



The presentation highlighted the correct way of child seat installation as well as which car seat is the correct choice for use -based on kids' age group, and NYS laws for safe and appropriate use of age limits and seat belts use.

## Narcan Presentations

Public Health educators visited 2 large employers in Warren County in the month of April to provide free naloxone training to their safety teams. Eighteen individuals completed the training and 20 kits were provided between the two employers.

Naloxone or Narcan as it is more commonly known, is used to reverse a drug overdose caused by accidental or intentional misuse of opioids.

One additional workplace training is schedule with another large Warren County employer in May 2026.

Free training available by request!



**VAPING IS NOT A FLEX**  
BE SMART...DON'T START.

**WARREN COUNTY PUBLIC HEALTH**  
**2026 PROGRAM HIGHLIGHT**

**BATTLING BIG VAPE & BIG TOBACCO ONE SCHOOL AT A TIME**




Providing education an resources to keeps students from vaping and smoking

**25 BE SMART**  
**Don't Start**  
ANTI VAPING CLASSROOM PRESENTATIONS

**Schools Visited :**

- Abe Wing
- Bolton
- Glens Falls
- Hadley-Luzerne
- Johnsburg
- Lake George
- North Warren
- Queensbury
- St. Marys
- Warrensburg

Anti-vaping materials distributed to every high school - Feb 2026

# MAY EVENTS

May 12th  
1:30-4pm

## Car Seat Check Event Warren County Head Start, Glens Falls

Free car seat checks for Head Start families and the public. Our three certified technicians will be available to make sure your car seats are installed correctly. There will be a limited number of car seats for distribution to families in need that meet certain income qualifications.

## Tick Presentation Hillview Library, Diamond Point

Learn about ticks and tick-borne diseases. Receive a tick removal kit!  
Registration required, visit <https://www.hillviewfreelibrary.com/events-1>.

May 15th  
4pm

May 16th  
12-2pm

## Crandall Library Bike Rodeo Glens Falls City Park

Learn how to properly fit a bike helmet and basic bike safety tips.  
The event is free and open to the public. No registration required. Participants should bring a bicycle and helmet to ride through the bike safety course.

## Tick Table Cole's Woods

We will be providing information about ticks and tick-borne diseases. Stop by and grab a free tick removal kit!

May 22nd  
11-1

May 27th  
10-1

## Chalk the walk Glens Falls City Park

Celebrate brain health, mental wellness, and recovery while passing on the kindness.  
We will be bringing the colon cave (weather permitting)

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