Public Health
Prevent. Promote. Protect.
Yates County, NY

Health Counts

Choose Health Yates

A Quarterly Newsletter from Yates County Public Health

Spring 2016

National Public Health Week—April 4 - 10, 2016

"America—The Healthiest Nation 2030"

You may ask what does Public Health do? Public Health provides services that prevent, promote, and protect everyone in Yates County. While doctors, dentists, and hospitals provide care to individuals, public health works with groups or communities to improve health.

Yates County Public Health's mission is: To promote optimal health for people of all ages through disease prevention, environmental risk reduction, assistance with access to care and facilitation of emergency preparedness through education, policy development and collaboration. And, Public Health's Vision for Yates County is: To bring about a healthier, safer, better informed community.

Across the Nation, Public Health workers are striving to help our nation become the healthiest nation. Presently we rank 34th in a listing of 194 higher income countries in life expectancy. Differences in life expectancy within our own country are also a cause for concern. Lower life expectancy can be caused by where we live, our income, our education, and by our race. Even our populations who have more advantages live shorter lives than do peers in other countries. Compared to other countries, the U.S. presently focuses more on treating illnesses than preventing chronic diseases.

Education achievement is also a factor in our health. The U.S. ranks 21st of 28 other countries in high school graduation rates, falling behind these other countries that have fewer advantages than we do. Other countries have invested in education at every level. Nearly all 4-year-olds in the United Kingdom, France, Germany and Japan are enrolled in preschool, compared to only 69 percent of American 4-year-olds. The U.S. also has higher rates of poverty. U.S .citizens tend to overeat and be under nourished. To build a healthier nation, we need safer places to live, exercise, and play. With all these factors playing a role in our health, we must work together to make the necessary changes, so we can become the Healthiest Nation by 2030!

National Public Health Week www.nphw.org
AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

Public Health Director, Deborah Minor, encourages our Yates community members to engage in discussions about what our health & safety needs are in Yates County and what each of us can do to have an impact on community health improvements.

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Vaccinations save lives!

National Infant Immunization Week, April 16th—23rd, 2016

National Infant Immunization Week is an annual observance celebrated by Public Health to highlight the importance of protecting infants from vaccine-preventable diseases. The hard work of Public Health Immunization Programs throughout the United States has increased awareness about the importance of ensuring all children are fully protected from vaccine preventable diseases through immunization.

Infant immunization begins at birth and continues till age two. Giving babies the recommended immunizations by age two is the best way to protect them from 14 serious childhood diseases, like whopping cough, measles, pneumonia, flu and meningitis. As parents, it is very important to talk to your child's doctor to make sure your child, no matter their age, is up to date on immunizations. If your child is not up to date, your doctor will discuss a catch up immunization plan with you.

Because of the success of vaccines in preventing diseases, parents may not have even heard some of today's vaccines or the serious diseases they prevent. Whooping cough is one of those diseases that a newborn baby can be protected against through their parents getting vaccinated. Until an infant is old enough to receive vaccines, "cocooning" the infant is very important. This happens when adults who will have close contact with infants such as fathers, family members and day care providers get the whopping cough immunization called Tdap, preferably at least two weeks before the baby arrives. Pregnant women receive the Tdap immunization during each pregnancy in the third trimester which also helps protect the baby from whooping cough. Adults can get the Tdap vaccine at their doctor's office, local pharmacy or at Public Health.

National Infant Immunization Week

IMMUNIZATION.
POWER TO PROTECT.

May — National "Older Americans Month"

With age comes wisdom and experience. Have you heard that saying? People who have lived through the decades and have personal experiences with historical events can offer a unique perspective on what life was like during those times of trouble or triumph and the contributions they made to life in their communities. Today's youth could greatly benefit from sitting down with an older American and listening to stories about past achievements, community and world happenings, and what older Americans learned through the decades about life.

The theme for the 2016 Older Americans Month is "**Blaze the Trail"**. If you believe that older Americans may not be as technically-savvy as young people, the question would be, how do you think today's innovators got to be in a position to accomplish what has been created if not for those who came before paving the way with their accomplishments? Learn the issues and concerns of older Americans, include them in planning, and help plan for the betterment of every American's future.

OLDER AMERICANS MONTH

BLAZE A TRAIL: MAY 2016

Rabies Awareness

With spring in the air, baby wildlife begins the life cycle again. A winter of hibernation or slower activity ends with the coming of spring . With more animals, more encounters with pets, livestock, and people are inevitable. The temporary inactivity of rabies vector species like raccoons, skunks, bats, and foxes does not mean that the rabies viral disease has gone away.

Pets and livestock still need rabies vaccinations to protect them from rabies disease and the transmission of rabies to humans. These vaccinated animals serve as a barrier for humans from the wildlife disease.

As a reminder, all dogs, cats, and ferrets can be vaccinated at one of the Yates County Public Health free rabies vaccination clinics held throughout the year.

Kittens and puppies should be kept safely away from any exposure to wildlife until they are old enough to be vaccinated, at 3 months or older. The first vaccination will help build their immunity, but should be followed with another vaccination no more than 1 year later. Following this, rabies vaccinations for dogs & cats can then be administered every 3 years, unless attacked by wildlife when a rabies booster is needed.
Ferrets and livestock require rabies vaccinations every year.

A milder winter could mean more tick activity this spring.

Ticks & Lyme Disease

After last season's tick infestations, we may have to expect more deer tick exposures and the possibility of more Lyme disease cases, if preventative steps are not taken. For these reasons, everyone who walks or works outside or has pets outside, should take precautions to avoid tick attachments. In the Yates County area, we are concerned about the Deer Tick that can transmit the bacteria that causes Lyme disease. Other serious diseases like Anaplasmosis and Babesiosis are also transmitted by bacteria carried by the Deer Tick, but are most often found on Long Island and around the Hudson Valley area. If you travel to areas where there may be tick infestations, take precautions when going outside hiking, working, or around animals that can carry ticks to you. Reminders of what to do to avoid tick attachment:

- Wear long pants and long sleeves that are light colored to notice ticks climbing on the clothing.
- Wear closed-toed footwear and socks that you can wrap over pant legs.
- Avoid sitting on rocks, logs, or in leaf matter on the ground in wooded or brush areas.
- Stay on a trail away from bushes that ticks climb to catch passing animals or people.
- When going back inside, check clothing and skin for ticks. Shower as soon as possible to avoid ticks attaching to skin. Have someone check areas of your skin you cannot easily see. Nymphs, the young-sized ticks, are very small and hard to see, but can transmit the bacteria causing Lyme disease through their bite.
- Launder clothing worn outside as soon as possible or place in sealed bag.
- Consider using insect repellent that is effective against ticks. Read manufacturer's directions carefully before applying. Wash off repellent on skin as soon as you go inside. If clothing is not laundered, some repellents can be used on clothing and can stay active for a few weeks. Adults should always apply repellent on children so they do not get the chemicals on their hands where they can rub it in their eyes or mouth. Wash off as soon as possible.
- If a tick does attach, mark on the calendar where on the skin it was removed and when. Wash area and apply rubbing alcohol to bite wound You will want to consult with your health care provider if you experience symptoms like fever, headache, or rash within 30 days of tick attachment.
- Check with your veterinarian about tick protection for pets and farm animals.
- For more information about ticks and how to **carefully remove a tick**, go to:

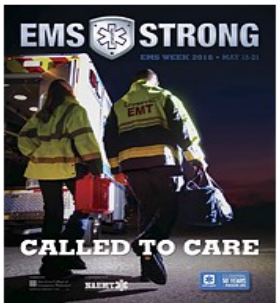
  http://www.health.ny.gov/environmental/pests/tick.htm

National EMS Week, May 15-21, 2016

In 1973 President Gerald Ford first authorized EMS Week to celebrate EMS practitioners and the very important work they provide to our communities. EMS today is an important component of the medical care continuum in Yates County. These community members who make up this service help save lives each day when they respond to emergencies like heart attack, breathing problems, fires, fall injuries, crashes, drownings, stroke, drug overdose, farm accidents, and other acute illnesses.

EMS can provide basic care and advanced medical care when called to a scene and while transporting a patient to a hospital. The care and compassion shown to the patient and the family members at a very difficult time in their lives is evident in the work ethic the EMS volunteers display.

The countless hours of training they receive are evident for these front line practitioners who help safeguard the health, safety, and well-being of our Yates community and should be publicly recognized for their valuable contributions to our community.



Thank you to this group of dedicated volunteers for their skills, care, and compassion they offer to our Yates community.

Contact Us

Give us a call for more information about our services and programs.

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Visit us on the web at:
www. yatescountypublichealth.org
or on Facebook

Office hours:
Monday—Friday
8:00 am —4:00 pm
(closed 12 Noon—1:00 pm)

Rabies Vaccine saves lives too!

Be a best friend to your pet; vaccinate on time to prevent rabies!

Upcoming 2016 Rabies Clinics:

*__Wednesday, June 8th__—Yates County Maintenance Garage, 415 Liberty St., Penn Yan, 7—8 Pm

*__Wednesday, August 31st__—Potter Fire House, 1255 Phelps Road, Town of Potter, 7—8 Pm

*__Monday, September 19th__—Italy Highway Barn, 915 Italy Valley Road, Town of Italy, 7—8 Pm ($5 fee for non-Italy residents)

*__Saturday, October 1st__—Dundee Village Barn, 25 Spring St., Dundee, 9:00—10:30 Am

*__Saturday, November 5th__—Yates County Maintenance Garage, 415 Liberty Street, Penn Yan, 9:00—10:30 Am

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January was “Cervical Health Awareness Month”

A table display at the Penn Yan Public Library explained the importance of the HPV vaccine for females 11-26 years old and males 11-21 years old. It is all about cancer prevention!

February’s Heart Health Month found Yates County Public Health staff coming together for “Wear Red Day for Women’s Heart Health”

March was Colorectal Cancer Awareness Month—”Wear Blue Day” - March 4th, was observed by staff at Yates County Public Health