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HEALTHtoday

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The Centers for Disease Control and Prevention (CDC) agree — Adults Need Vaccines Too!

Visit www.cdc.gov/vaccines/adults/index.html for the following:

[Take this simple quiz](#) to determine which vaccines you need and create a customized printout to take with you to your next medical appointment.

Review the [Adult Immunization Schedule](#) and learn about vaccine-preventable diseases they protect against.

Tools to record your vaccinations.

Vaccines: They're Not Just for Kids!

You might think that vaccines (shots) are only for kids. In fact, those of us 19 years of age and older still need vaccines to keep us healthy. Some vaccines are recommended for all adults. Others may be recommended only for certain people.

Here are some vaccines for adults:

Seasonal Influenza vaccine (Flu shot)

All adults need to get a flu shot every year. [Now is the time to get your annual flu shot!](#)

Tetanus, diphtheria vaccine (Td shot) or Tetanus, diphtheria, pertussis (whooping cough) vaccine (Tdap shot)

All adults need to receive a tetanus shot (Td) every 10 years. If you have a dirty wound or animal bite you may need an additional dose.

All adults should receive at least one dose of Tdap vaccine (the adult pertussis vaccine). [Pregnant women](#) need a dose with each pregnancy. This is important to help protect newborns from pertussis.

Pneumococcal vaccine (Pneumonia shot)

Everyone who is 65 years of age or older should get the pneumonia shot. Certain people should get the shot earlier. If you have diabetes, asthma, lung disease, heart disease, cirrhosis, or HIV, you should get the shot before you turn 65. If you smoke, you should also get the shot before you turn 65.

Herpes Zoster vaccine (Shingles shot)

This vaccine helps protect people from getting herpes zoster, also called shingles.

Adults age 60 years of age and older should get a one-time shingles shot.

Human Papillomavirus Virus vaccine (HPV shot)

This vaccine is for women and men up to 26 years of age. HPV is the most common sexually transmitted infection in the United States. HPV infection causes cervical cancer. It is also linked to cancer of the vagina, penis, anus and mouth.



Hepatitis A vaccine, Hepatitis B vaccine, MMR (measles, mumps, rubella) vaccine, Meningococcal vaccine, Varicella (chickenpox) vaccine

These are other vaccines that some adults may need.

Many adults are not up-to-date with their vaccines. In Albany County, only two thirds of adults over age 65 have received the pneumonia shot. We can do better! To find out what vaccines you need, speak with a healthcare provider. The Albany County Department of Health gives some adult vaccines. Please call (518) 447-4589 to find out what vaccines we offer and to make an appointment.

It's Time to Quit!

Are you a smoker? Have you ever tried quitting? You are not alone. More than 20 million Americans try to quit smoking each year. Some are able to stop smoking on the first try, but for most people it takes many tries. The good news is that many people are able to stop smoking. And now there are more former smokers in the United States than current smokers!

Everyone who smokes can and should quit smoking. You will always benefit from quitting, no matter how long you've smoked. As soon as you quit, you will have a lower heart rate and lower blood pressure. Other benefits are:

- Quitting lowers your chance of having a heart attack.
- Quitting lowers your chance of having a stroke.
- Quitting lowers your chance of getting cancer.
- Quitting helps you breathe better and cough less.

The Great American Smokeout

When: Thursday, November 21, 2013
9:00 am – 4:00 pm

Where: Albany County Department of Health
175 Green Street, Albany

Event is free and open to the general public.
No appointment necessary.

Around 43,000 adults living in Albany County smoke. Though smoking rates are lower than they were ten years ago, this number has not changed in the past three years. Smoking rates are especially high in people with mental health problems such as depression and anxiety. Their smoking rates are double that of the general population, and smoking causes many of their health problems.

The Albany County Department of Health would like to help you quit smoking. Join us on November 21, 2013, for the American Cancer Society's **Great American Smokeout**.

The **Great American Smokeout** is a day when millions of Americans quit smoking or make plans to quit. Counselors from the Center for Smoking Cessation at Seton Health will be at the Health Department from 9am-4pm that day. Stop by for free counseling and nicotine patches (if eligible) to help you quit!

If you would like more information about quitting smoking, call the New York State Smokers' Quitline at 1-866-697-8487 or visit www.nysmokefree.com.

Quick Tips on Quitting:

- 1) Set a quit date and mark it on your calendar. Get rid of ashtrays, lighters, and cigarettes.
- 2) Make a list of reasons why you want to quit.
- 3) Make a list of family and friends who will support you.
- 4) Avoid triggers, including alcohol, caffeine and other smokers.

Financial Emergency Preparedness

For many of us, the holiday season is a time of cheer and indulgence. Financial planning for disaster preparedness is likely low on your list of priorities. However, as you assess your holiday spending and approach the New Year, try completing this pre-disaster financial checklist. A few small steps can lead to great peace of mind and help protect your family and property in times of public health emergencies and natural disasters.

Get Organized

Organize important financial and legal documents. These may include mortgages or leases, social security cards, passports, investment papers, bank statements, vehicle titles, tax records and insurance information.

Make Copies

Photocopy these essential documents and store them in a weather-proof container inside your emergency kit.

Consider keeping electronic copies on a flash drive as an additional form of back-up.

Save Cash

Set aside emergency cash in the event that banks and ATMS are inaccessible due to power outages or floods.

Store in a safe, secure location until the threat of disaster has passed.

Maintain Information

Mark your calendar or set a reminder on your cell phone to review and update these items twice a year.

Complete an Emergency Financial First Aid Kit (EFFAK) to guide you through this process. A sample EFFAK, containing helpful hints and detailed checklists, can be accessed by going to www.RegisteredandReady.com and clicking on Resources.



See and Be Seen!

Walking outside is a great way to be physically active. Before you head out on foot, you should be aware of your surroundings and vehicles. Every 24 hours more than 460 people nationally are treated in an emergency department for traffic-related pedestrian injuries. In Albany County, there was an average of 157 emergency department visits for pedestrian injuries and an average of 23 deaths every year from 2008-2010. The rate of Albany County pedestrian deaths is higher when compared to New York State, with Albany County having a rate of 7.7 (per 100,000 residents) compared with the New York State rate of 1.5.

How can you be safe while enjoying a walk? Be Seen! Follow these safety tips from the New York State Department of Health:

- Cross at intersections and marked crosswalks. Pay attention! Don't text while crossing!
- Use the pedestrian pushbutton and wait for a signal to cross.
- Before crossing, look left, right, then left again, and over your shoulder for turning vehicles.
- Use sidewalks. If there are none, walk facing traffic so you see vehicles, and drivers see you.
- Make eye contact with drivers so they see you.
- Stay visible after dark and in bad weather with light-colored or reflective clothing.
- Don't step suddenly in front of buses and trucks. They take longer to stop than a car.
- Watch out for trucks and buses backing out of parking spaces and driveways.

Drivers also have a responsibility to be watchful of pedestrians. Some tips include:

- Stop for pedestrians at crosswalks and intersections. It's the law!
- Be careful when passing stopped vehicles. They might be stopping for pedestrians.
- Avoid blocking crosswalks when stopping at intersections.
- Slow down and obey posted speed limits.
- Take extra care around schools, playgrounds and neighborhoods.
- Pay attention! Don't text and drive!
- Always look out for pedestrians before turning.
- Share the road. It's your responsibility to look for others.



Local and state officials are doing their part to improve the safety of our roadways. The New York State Department of Transportation (NYSDOT) is partnering with the cities of Albany and Schenectady and towns of Colonie and Niskayuna to improve pedestrian safety along the Central Avenue-State Street corridor. This route sees twice as many accidents as expected for a road of its kind. A study is being performed along Central Avenue to improve the safety of this major roadway. The campaign emphasizes the importance of pedestrians using crosswalks, and drivers obeying traffic signals and watching for pedestrians. Local police agencies will begin a targeted enforcement campaign on Central Avenue by issuing tickets to drivers and pedestrians for violating vehicle and traffic laws.

Communities where people can easily walk promotes physical activity and reduces pedestrian injuries. Educating pedestrians and motorists to share the road and respect each other is important for everyone's safety.



Did You Know... ?

Flu Season is Here! Make sure you:

- 1) Get your yearly flu shot
- 2) Stay home if you are sick
- 3) Wash your hands often and cover your cough with a sleeve or tissue



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Mission Statement

"The Mission of the Department of Health is to prevent diseases, epidemics, and injuries; to protect against hazards that affect health and safety; and to promote the healthy development of children and the wellness of all Albany County residents."



Public Health
Prevent. Promote. Protect.

Services Available at Albany County Department of Health

(518) 447-4580

Clinical Services

Immunizations, Tuberculosis, STD and Children's
Dental Services

Communicable Disease Program

Information and education for health care
providers and county residents

Environmental Health Services

Regulation of public food service, pools/beaches,
children's camps, hotel/motels, tattoo/piercing,
private/public water and septic, rabies, lead and
tobacco

Health Education and Wellness

Information and education for individuals,
businesses, schools, and community groups

Maternal and Child Health Programs

Home visiting for pregnant women, parenting
families, and children

Public Health Preparedness

Emergency planning, Pandemic Flu and bioterrorism
awareness

HIV/AIDS/STD Education

HIV Testing and Counseling



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