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HEALTHtoday

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Upcoming Events:

Rabies Vaccination Clinic:

Saturday, September 17, 2011

Village of Colonie
Municipal Garage

2 Thunder Road, Colonie

1:00—2:30pm for cats and ferrets

2:30—4:00pm for dogs

Donation: \$8.00 per animal.

Animals must be on leashes or in carriers (bring vaccine record if available).

For more information:
(518) 447-4620 or 447-4625

Ticks and Mosquitoes Suck and Can Cause Illness

Lyme disease is a bacterial infection caused by the bite of an infected deer tick. Many deer ticks throughout Albany County are infected with this bacteria putting all residents at risk of contracting Lyme disease whenever they spend time outdoors. Children are especially at risk in the summer months as this is when they spend the greatest amount of time outside. To protect yourself and family members against Lyme disease follow the suggestions outlined below to be tick free!



To reduce your risk of getting Lyme disease:

- Avoid tick infested areas as much as possible
- Clear and cut tall grass around your house and near your garden
- Stay on cleared, well-traveled trails
- Wear light-colored long sleeved shirts and long pants
- Tuck pants into socks and shirts into pants
- Use any repellent containing DEET sparingly and with caution – always follow the label directions exactly
- Always examine yourself, your children and pets often when you are outdoors
- If bitten by a tick, remove it promptly with tweezers

Watch for any early symptoms of Lyme disease such as the appearance of a large bulls-eye or a solid red rash that appears at the site of a tick bite and gradually expands. A rash may not always be present. Other symptoms include joint pain and swelling, fever and fatigue.

In addition to our surveillance activities, Albany County Department of Health (ACDOH) is available to provide Lyme disease professional and community education. Educating the public and health professionals on how to be tick free, how to recognize early symptoms, and when to seek treatment is key to preventing Lyme disease.

Also, mosquitoes have been known to carry West Nile Virus, which can cause an inflammation of the brain known as encephalitis. Fortunately, Albany County has not experienced WNV-related illness as have other counties in NYS. Nevertheless, it is important to be aware of West Nile Virus and to take precautions when outdoors for extended periods of time, especially at dawn and dusk when mosquitoes are most active. Following the steps noted above will provide protection if bitten by ticks and mosquitoes.



For additional information on Lyme disease and West Nile Virus or to request a free tick removal kit, please call (518) 447-4648 or visit www.albanycounty.com/health. Please note that tick removal kits are available to residents of Albany County only. One kit per household please.

Enjoy Summer Safely

The long awaited summer season is finally here. After trudging through 87 inches of snow this winter, many of us are looking forward to enjoying the outdoors, riding our bicycles, swimming or just basking in the sunshine. There are plenty of outdoor activities and recreational places to consider as Albany County has over 30 public parks, 23 public swimming pools and 2 public beaches.

While we are hopeful this season will be filled with summer fun, we must not forget the importance of summer safety!

Did you know?

Bicycle related injuries are the number one cause of head injuries and hospital ER visits for children.

Approximately 150 individuals drown each year in New York State.

Ultraviolet rays from the sun can be hazardous and are present on sunny, hazy, and/or cloudy days and cause 90% of skin cancers.

So, how do we safely enjoy the summer? Be alert! Be attentive to children in the area! Be aware of the intensity of the sun and heat and follow the tips outlined below:

Bicycle Safety:

When riding a bicycle, wear a helmet. New York State Law requires all children under 14 to wear a helmet when riding a bicycle, using in line skates, a scooter or skateboard.

Obey rules of the road as though you are driving. Children under age 10 should stay on sidewalks and paths until they are able to show good riding skills and observe road rules.

Water Safety:

Have a responsible person supervise the pool or waterfront.

Don't dive into unfamiliar waters.

Learn to swim. Many city, town and community centers offer lessons.

Wear a U.S. Coast Guard approved life jacket when boating.



Safe Sun:

Avoid the sun between 10AM and 4PM when the rays are the strongest.

Cover up with clothes of tightly woven fabric.

Wear a wide brimmed hat to shade your face, ears and back of neck.

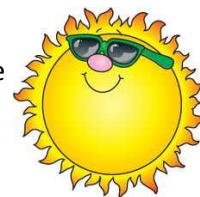
Wear sunglasses to protect your eyes.

Apply and reapply sunscreen as directed on label.

Stay Cool:

Drink plenty of non alcoholic liquids and avoid sugary drinks (consult your

physician if you have a condition that requires fluid restrictions).



During outdoor activities, pace yourself and stay in the shade. Exercise in the early morning or evening hours when the weather is cooler.

On very hot days, stay indoors in an air conditioned area (malls and libraries work well).

Be attentive to young children and older adults who are at a higher risk for developing heat-related illness.

Pets are affected by the heat too. Arrange a shady area for them and refill their water bowls.

Do not leave children or pets alone inside vehicles. Car temperatures can quickly rise to dangerous levels.

Eat Well:

Keep hot foods hot and cold foods cold (a full cooler that is not opened often will maintain the cold temperature longer).

Follow CDC's Four Food Safety Steps:

Clean your hands, and clean surfaces.

Separate cooked foods from ready to eat foods. Use separate plates and utensils for cooked or uncooked foods.

Cook foods to a safe internal temperature.

Chill foods promptly and keep your refrigerator at 40° or lower.

Did You Know?

- The top 6 animals with rabies in Albany County are: raccoons, skunks, bats, foxes, cats, and woodchucks.
- If a person or pet came in contact with a bat, the bat must be tested for Rabies.
- If you find a bat inside, don't let it go! Capture the bat and have it tested for Rabies.
- Call your local health department to find out where to take it.

Fresh Produce in Your Neighborhood:

Did you know that 68% of Albany County adults are overweight or obese? Obesity risk can be reduced by increasing daily physical activity and consuming fruits and vegetables in place of high calorie foods. Presently, only 24% of Albany County adults eat five or more fruits or vegetables per day. Women and adults with higher education are more apt to eat five or more fruits or vegetables per day.

Did you also know that the Albany



County Strategic Alliance for Health (ACSAH)*, a coalition of partners working to improve nutrition, increase physical activity, and decrease tobacco use has developed a number of initiatives to increase the availability and visibility of affordable healthier food and beverage choices in public and/or private venues? These initiatives are underway in the City of Albany's Arbor Hill, West Hill, North Albany, and South End neighborhoods and include:

Promoting healthy food and beverage options in vending machines by encouraging workplaces to adopt healthy vending policies;

Promoting healthy food and beverage options at meetings and events by encouraging workplaces to adopt healthy meeting policies;

Encouraging health care providers serving women and children to adopt policies and practices that support and promote breastfeeding;

Implementing a 'healthy corner store' initiative to provide the community with healthier food options.

The ACSAH Coalition recognized that there were limited options for residents of the City to easily find fresh fruits and vegetables close to home. For many residents, the nearest grocery store is a long walk or a bus ride away. The ACSAH worked closely with Capital District Community Gardens (CDCG) to provide the stores below with a constant and fresh supply of produce at a low price, as well as the display unit with refrigeration to house the items. The



CDCG** uses their Veggie Mobile to deliver produce twice a week. Right now there are four stores participating, and we plan to add one more by the end of the summer. Look for the display unit (pictured here) to know that you are shopping at one of these stores and take advantage of their year-round supply of reasonably priced produce!

Participating corner store locations include:

The Corner Store
106 Ontario St., Albany NY 12206

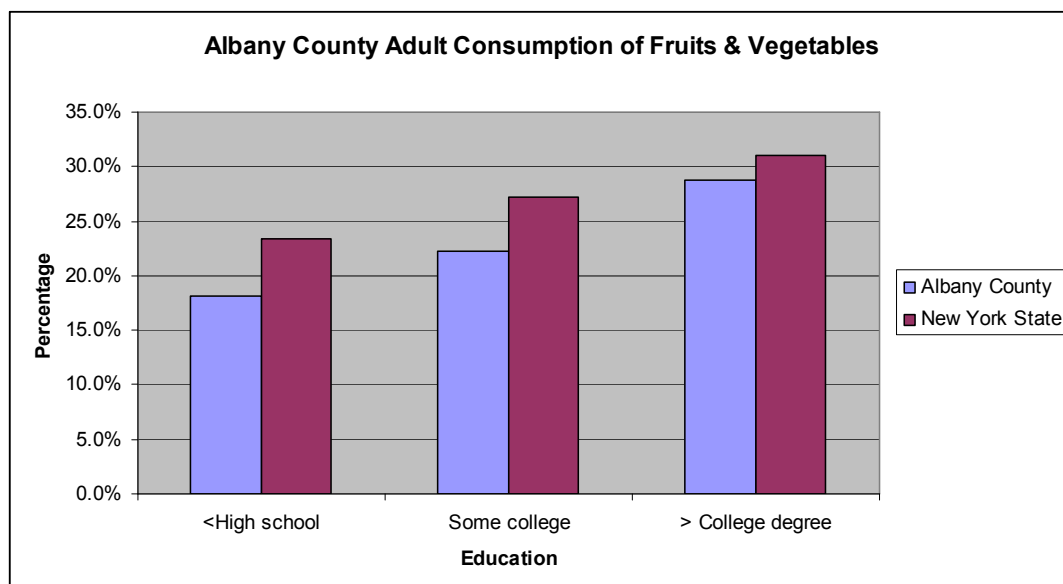
Prince Grocery & Deli
37 Central Ave., Albany NY 12210

Ida Yarbrough Convenient Store
260 North Pearl St., Albany NY 12207

SPI Instamart
699 North Pearl St., Albany NY 12204

* Special thanks to the Centers for Disease Control and Prevention and the New York State health Department who fund all initiatives of the Albany County Strategic Alliance for Health.

** For more information about Capital District Community Gardens and for Veggie Mobile locations, please visit www.cdcg.org.



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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.

Are You Registered and Ready?

Fires, Electrical outages, Tornadoes, Flu pandemics... Disasters can occur at any time. Are you and your family prepared to respond to such events? According to a recent survey conducted by the Siena Research Institute, only 17 percent of Albany County residents have the capacity to protect themselves and their families in the event of an emergency. Don't let a disaster turn your world upside down.

Household preparedness reduces the burden on your community's emergency response services. Households who have an emergency plan are better able to cope. But where do you start?

First, make a kit with enough food, water and supplies to sustain your household for three days. Second, develop a communications plan so that household members can keep in contact. Third, learn more about your community's emergency plans.

Once you've gotten your household prepared, consider helping your com-

✓ Get Registered
✓ Get Trained
✓ Get Prepared

munity prepare for or respond to a disaster. Recovery of our

communities after a disaster is dependent on adequate resources and trained volunteers. The Albany County Citizen Corps urges residents to register as emergency response volunteers at

www.RegisteredandReady.com.

By pre-registering with a response organization, Albany County residents will be appropriately trained and prepared to use skills and talents where they are needed the most.

**Services Available at Albany County Department of Health**

(518) 447-4580

Adult Care Services

Home visiting programs for adults

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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