



Community Calendar

World AIDS Day
December 1, 2014

www.WorldAIDSday.org

Selfless Elf 5K

4:00 PM on December 6

Corning War Memorial
Stadium, Jacoby Blvd.

<http://bit.ly/1BypOmM>

40th Annual Sparkle

December 6, 5:00 - 9:00 PM

Market Street, Corning
<http://bit.ly/1wzEPC4>

Corning Winter Farmer's
Market

1st and 3rd Saturdays,
November - March

11:00 AM - 3:00 PM

Information Center, 1 West
Market Street, Corning

<https://www.facebook.com/corningwinterfarmersmarket>

*Wishing you the very
happiest and healthiest
holidays this season!*

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Wellness Matters

December 2014 / January 2015

New Year, New You!

Each new year brings the wonderful opportunity for a reinvention of health. Steuben County Public Health (SCPH) will be starting new programs in 2015 to help residents and employees kick start their healthy living.

SCPH will be offering the National Diabetes Prevention Program (NDPP) in the new year, starting with Steuben County employees. This 16 week evidence-based program is designed for pre-diabetics and reduces the risk of developing type 2 diabetes by 58% through healthy eating and exercise, resulting in the loss of at least 5-7% of an individual's body weight. For a 200 pound person, that is only 10 pounds! NDPP is a dynamic, group-based program that utilizes the help of a trained lifestyle coach and results in healthier individuals. To find out if you have pre-diabetes and to learn more about the program, visit the NDPP website at cdc.gov/diabetes/prevention/.

Another program SCPH will be offering is Freedom From Smoking, an 8 week program to help smokers reach their goal of being tobacco free. This program is also group-based and walks individuals through the process of quitting and supports them for a month after quitting.

More information will be posted on the SCPH website about the program offerings as we approach 2015. You can visit the SCPH website at www.steubencony.org/publichealth, call 607-664-2438 or email the Health Educator at loreleiw@co.steuben.ny.us for more information.

Tips for Healthy Holiday Eating

Holiday time is also party time, so it is helpful to have a plan when attending festivities in order to not overindulge around the holidays.

1. Plan before filling your plate. Look at all the offerings and then decide what to sample and what to skip.
2. Make sure to eat a balanced breakfast and lunch on party day in order to avoid eating more than you normally would.
3. Limit snacks throughout the day, or eat fresh fruits or vegetables as snacks.
4. Be aware of alcohol intake and avoid drinking excessively. Alcohol contains extra, empty calories and can cause overeating.
5. Take small portions. You can always go back for a second small portion of something that was really good if you are still hungry.
6. Eat slowly, taking time to really enjoy and taste your food. It takes about 20 minutes for your brain to process that your stomach is full.
7. When you're finished, leave the table or at least put your plate away so you don't take more.

Questions About Ebola?

Call 1-800-861-2280

New York State has launched a new state information line to answer questions from New Yorkers on Ebola. The information line is free, and trained staff will be answering the public's questions 24 hours a day / 7 days a week. The information line phone number is 1-800-861-2280. The line is for public health information purposes only, not for people who need health care attention. New York State Department of Health also has an Ebola facts website which can be found by visiting health.ny.gov/ebola, as does the CDC at cdc.gov/ebola.



Time for Flu Shots!

Wondering where you can go to get your flu shot? Check out the Health Map Vaccine Finder at <http://flushot.healthmap.org/?address> to find locations near you that offer the flu shot and other vaccines. There's also a link on the page to find out what immunizations are appropriate based on age. This handy tool is run by Health Map, Children's Hospital, and Harvard University in partnership with vaccines.gov, flu.gov, and hhs.gov.

Flu Facts from [Flu.gov](http://flu.gov):

- Flu season typically starts in the fall and peaks in January or February.
 - The flu vaccine is the best protection against the flu.
 - Everyone 6 months of age and older can get the flu vaccine.
 - Illness from seasonal flu usually lasts one to two weeks.

Holidays May Be a Time of Stress for Pets

The holidays bring much joy and allow many families and friends to gather with those they have not seen in a while, but it can also be a time of great stress for pets who are not used to all the commotion and visitors. Please be aware that an increased number of dog bites are seen around the holidays. Below are tips for preventing bites and making the holiday time enjoyable for pets:

- Monitor your pet's behavior and reaction to visitors.
- If the pet shows signs of anxiety or aggression (barking, growling, cowering, hiding, etc.), separate the pet from visitors for the entire visit.
- Create a safe place for the pet in a different room with toys, a bone to chew on, and bedding.
- Be especially aware and watchful when children are visiting.

Visit the Dog Gone Safe website for a booklet on holiday tips to keep kids and dogs safe:

<http://bit.ly/1yFi55W>

Is it Flu or Ebola?



Flu (influenza)



The flu is a common contagious respiratory illness caused by flu viruses. The flu is different from a cold.

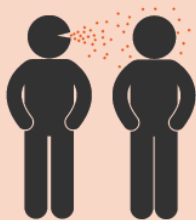
Flu can cause mild to severe illness, and complications can lead to death.

Ebola



Ebola is a rare and deadly disease caused by infection with an Ebola virus. Sporadic outbreaks have occurred in some African countries since 1976.

How Flu Germs Are Spread



The flu is spread mainly by droplets made when people who have flu cough, sneeze, or talk. Viruses can also spread on surfaces, but this is less common.

People with flu can spread the virus before and during their illness.

How Ebola Germs are Spread



Ebola can only be spread by direct contact with blood or body fluids from

- A person who is sick or who has died of Ebola.
- Objects like needles that have been in contact with the blood or body fluids of a person sick with Ebola.

Ebola cannot spread in the air or by water or food.

Who Gets The Flu?



Anyone can get the flu.

Some people—like very young children, older adults, and people with some health conditions—are at high risk of serious complications.

Who Gets Ebola?



People most at risk of getting Ebola are

- People with a travel history to countries with widespread transmission or exposure to a person with Ebola.
- Healthcare providers taking care of patients with Ebola.
- Friends and family who have had unprotected direct contact with blood or body fluids of a person sick with Ebola.

Signs and Symptoms of Flu

The signs and symptoms of flu usually develop within 2 days after exposure. Symptoms come on quickly and all at once.

Signs and Symptoms of Ebola



The signs and symptoms of Ebola can appear 2 to 21 days after exposure. The average time is 8 to 10 days. Symptoms of Ebola develop over several days and become progressively more severe.

- *People with Ebola cannot spread the virus until symptoms appear.*



- **Fever or feeling feverish**
- **Headache**
- **Muscle or body aches**
- **Feeling very tired (fatigue)**
- **Cough**
- **Sore throat**
- **Runny or stuffy nose**



- **Fever**
- **Severe headache**
- **Muscle pain**
- **Feeling very tired (fatigue)**
- **Vomiting and diarrhea develop after 3–6 days**
- **Weakness (can be severe)**
- **Stomach pain**
- **Unexplained bleeding or bruising**



Return Service Requested

WELLNESS MATTERS

Steuben County Public Health
3 E. Pulteney Square
Bath, NY 14810

Phone: 607-664-2438
Fax: 607-664-2166
Email: publichealth@co.steuben.ny.us

**PRESORTED
STANDARD
U.S. POSTAGE PAID
BATH, NY
14810
PERMIT NO. 1**

We're on the web!

[http://www.steubencony.org/
publichealth](http://www.steubencony.org/publichealth)

Find us on Facebook!

[https://www.facebook.com/
SCNYPublicHealth](https://www.facebook.com/SCNYPublicHealth)

CLINIC/OFFICE DIRECTORY

OFFICE HOURS

Monday - Friday 8:30 am - 5:00 pm

TELEPHONE NUMBERS

BATH: 607-664-2438

Toll Free: 1-800-724-0471 (any office)

After hours: 1-800-836-4444

HIV TESTING CLINICS

Clinics are held in Bath, Corning, and Hornell.
Please call ahead for an appointment.

SEXUALLY TRANSMITTED DISEASE (STD)

TESTING is available by referral. Please call
for information about free testing.

TUBERCULOSIS PROGRAM

Screening tests for TB are available by
appointment only, for a fee of \$10.00.

IMMUNIZATION CLINICS:

All clinics are by appointment only

BATH: Steuben County Office Bldg.

3 E. Pulteney Square, Bath, NY

Day clinic 1:00 - 3:00 pm / 2nd Wed each month

Eve clinic 5:00 - 7:00 pm / 4th Wed each month

CORNING: County Courthouse

10 W. First St., Corning, NY

**Day clinic 10:30 am - 12:30 pm / 2nd Friday each
month**

HORNELL: Public Health/Hornell Office

7604 Seneca Rd. North, Hornell, NY

**Day clinic 1:00 pm - 3:00 pm / 1st Wed each
month**

ADULT VACCINES ARE AVAILABLE. Please
call for an appointment.