



Community Calendar

Steuben County Public Health Mass Antibiotic Dispensing Drill
February 19, 2015
Corning- Painted Post High School; 1:00 - 3:00 PM
Volunteers needed!
607-664-2438

Diabetes on Target Education & Support Group
607-776-4065

February 11, 7:00 PM
March 11, 7:00 PM
1st Presbyterian Church
6 East Morris St., Bath

February 16, 7:00 PM
Savona Federated Church
20 Church St., Savona
March 16, 7:00 PM
Campbell Christian Missionary Alliance Church
8766 Rte. 415, Campbell

HealthWorks Diabetes Support Group
February 5: Diabetes & Emotional Health
March 5: Eating Out—Weigh Measure Count
6 - 7 PM; 607-937-4881

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Wellness Matters

February / March 2015

We NEED You!

Steuben County Public Health is Hosting a Mass Antibiotic Dispensing Drill

Thursday, February 19, 2015

1:00 - 3:00 PM

**Corning-Painted Post High School
201 Cantigny Street, Corning, NY 14830**

Steuben County Public Health is in need of volunteer “patients”! We are hosting an emergency preparedness drill that requires volunteers to register, walk through our clinic, and receive simulated “antibiotics.” In this drill, all Steuben County residents are believed to be exposed to a toxin that requires antibiotics to prevent illness.

- The clinic drill will run for 2 hours.
- We must have over 300 people walk through the clinic.
- We need ALL individuals, including senior citizens, pregnant women, and children.
- Volunteers will get to experience the work of emergency preparedness firsthand.
- You are vital to making emergency preparedness a success in Steuben County!
- To participate in or volunteer for the drill:
 - Please Pre-register at <http://www.health.ny.gov/Go2Clinic>
 - Select **STEUBEN** and
 - Register for the **“L-5 Deliverable Exercise Campaign/C-PP HS Public Health Anthrax Drill”**

With questions or if interested in volunteering, contact Terry Moss at Public Health by phone at (607) 664-2438 or by email to terrym@co.steuben.ny.us.

National Wear Red Day®

FRIDAY, FEBRUARY 6, 2015

Heart disease—it's not just a man's disease. Each year, 1 in 3 women die of heart disease and stroke. But we can change that because 80 percent of cardiac events can be prevented with education and lifestyle changes.

When it comes to beating heart disease and stroke, change can be the cure.
Wear red to raise awareness and help save women's lives.

Make a change at GoRedForWomen.org/WearRedDay.



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Go Red For Women is about more than wearing red on National Wear Red Day. It's about making a change:

- G**et Your Numbers: Ask your doctor to check your blood pressure, cholesterol and glucose.
- O**wn Your Lifestyle: Stop smoking, lose weight, be physically active and eat healthy.
- R**aise Your Voice: Advocate for more women-related research and education.
- E**ducate Your Family: Make healthy food choices for you and your family. Teach your kids the importance of staying active.
- D**onate: Show your support with a donation of time or money.

American Heart Association

Signs of a Heart Attack

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It can last more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort, but women are somewhat more likely than men to experience some of the other common symptoms above.

If you have any of these signs, don't wait! Call 911 and get to a hospital right away.

American Heart Association

February is National Children’s Dental Health Month

Reduce Your Children’s Risk of Tooth Decay:

- Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.
- Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.
- If your kids chew gum, make it sugarless. Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.
- Monitor beverage consumption. Instead of soft drinks all day, children should choose water and low-fat milk.
- Help your children develop good brushing and flossing habits.
- Schedule regular dental visits.

American Dental Association



**DEFEAT
MONSTER
MOUTH**

**JUST 2MIN2X –
BRUSH 2 MINUTES, 2 TIMES A DAY
AND YOU CAN DEFEAT MONSTER MOUTH, TOO!**



ADA American
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Association®
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advocate for oral health

ADA Foundation
Charitable Assistance | Access to Care | Research | Education

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March is Colorectal Cancer Awareness Month



Colon cancer is the 2nd leading cause of cancer-related death in the United States.



On average, a person’s risk is about 1 in 20, although this varies with individual risk factors.

50+

90% of new cases of colon cancer occur in people 50 or older. Get screened regularly starting at age 50.



People with parents, siblings or children who have colon cancer have 2 -3 times the risk of developing the disease.



There are currently more than 1,000,000 colon cancer survivors in the U.S.

Colon Cancer Alliance



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

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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.