



**Community Calendar**



**Hammondsport Relay**  
 June 13, 6:00 PM Fire Dept.  
<http://goo.gl/xszRsZ>

**Corning-Painted Post Relay**  
 June 20, 7:00 PM East High  
<http://goo.gl/r1VRZ0>

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**National HIV Testing Day**  
 June 27  
 Steuben County Public Health offers free HIV testing using a rapid test with results in 20 minutes at our 3 locations in Bath, Corning and Hornell. See clinic schedule on pg. 4

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**Steuben County Public Health is sponsoring a Blood Drive!**  
 July 18, 9 am—2 pm  
 County Office Building  
 Call 664-2438 to register

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# Wellness Matters

June / July 2014

## School Immunization Requirements Have Changed!

### Are your children up to date?



Although school is just getting ready to be let out, now is the time to get prepared for the next school year. **The immunization requirements for the 2014-2015 school year have changed. The biggest changes are that all kindergarten and 6th grade students must have 2 doses of the varicella vaccine and all students must have the recommended number of vaccine doses.** Please check with your doctor to make sure your children are up to date and get them scheduled for an appointment early to make sure your children don't miss any school. Clinic hours are available at Steuben County Public Health for patients with Fidelis or without insurance. See the clinic schedule on page 4 to make an appointment today!

## June is Men's Health Month

June 9 - 15 is Men's Health Week

*"There is a silent health crisis in America. It's the fact that, on average, American men live sicker and die younger than American women."* - Dr. David Gremillion,

*Men's Health Network*

Leading causes of death in men\*:

1. Heart disease
2. Cancer
3. Injuries
4. Chronic Respiratory Diseases
5. Stroke

\*CDC

Help bring awareness to men's health this month by wearing blue on June 13th to remind men of the importance of staying healthy and to let men know we care.

Let's stop this silent health crisis.



# July 28 World Hepatitis Day

There are 5 types of viral hepatitis: A, B, C, D, and E.

Viral hepatitis kills 1.5 million people worldwide each year.

Viral hepatitis is the leading cause of liver cancer. Liver cancer is the second biggest cancer killer.

Symptoms of viral hepatitis often go unnoticed.

Get tested.

Get treated.

For more information visit <http://www.cdc.gov/hepatitis/index.htm>

## FIND OUT IF YOU HAVE HEPATITIS C IT COULD SAVE YOUR LIFE

SOME PEOPLE DON'T KNOW HOW OR WHEN THEY WERE INFECTED

**BORN FROM 1945-1965?**

People born from 1945-1965 are **5X MORE LIKELY TO BE INFECTED WITH HEPATITIS C**

**3 OUT OF EVERY 4** people with Hepatitis C were born between these years

Up to **75%** of people living with Hepatitis C **DO NOT KNOW THEY ARE INFECTED**

Many people can live with **HEPATITIS C** for **DECADES WITH NO SYMPTOMS**



**CDC recommends anyone born from 1945-1965**

**GET TESTED**

### TESTED

KNOWING YOU HAVE **HEPATITIS C** can help you make important decisions about your health



Many people can get **LIFESAVING CARE AND TREATMENT**



Successful treatments can **ELIMINATE THE VIRUS** from the body

### NOT TESTED

**LEFT UNTREATED, HEPATITIS C** can cause liver damage and **LIVER FAILURE**



**HEPATITIS C** is the **#1 CAUSE OF LIVER TRANSPLANTS**

**HEPATITIS C** is a leading cause of **LIVER CANCER**



*Don't* go down the wrong path, talk to your doctor about getting tested. It could save your life.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention





**Week 1: Prevent prescription drug abuse.**

**Week 2: Stop slips, trips and falls.**

**Week 3: Be aware of your surroundings.**

**Week 4: Put an end to distracted driving.**

**Bonus week: Summer safety!**

For more information on National Safety Month visit the National Safety Council's website at [www.nsc.org/nsc\\_events/Nat\\_Safe\\_Month/Pages/home.aspx](http://www.nsc.org/nsc_events/Nat_Safe_Month/Pages/home.aspx) or join the conversation on Twitter with #NSM14

## Top 10 Things to Know About Ticks



1. Ticks crawl up
2. All ticks come in small, medium and large sizes
3. Ticks can be active even in the winter
4. Ticks carry disease
5. Only deer ticks transmit Lyme disease bacteria
6. For most tick-borne diseases, you have at least 24 hours to find and remove a feeding tick before it transmits an infection
7. Deer tick nymphs look like a poppy seed on your skin
8. The easiest and safest way to remove a tick is with pointy tweezers at the tick's head
9. Clothing with built-in tick repellent is best for preventing tick bites
10. Tick bites and tick-borne diseases are completely preventable

### Prevention tips:

- Yards can be sprayed to reduce tick abundance
- Wear tick repellent clothing, especially when hiking
- Treat pets every month with tick repellent products
- Do a body scan for ticks after enjoying outdoor areas
- Pull ticks off quickly and safely with pointy tweezers

For more info visit [http://www.tickcounter.org/prevention/top\\_ten\\_things](http://www.tickcounter.org/prevention/top_ten_things)

## Bat Rabies Alert!

- Bats play a role in nature, but may also carry rabies
- Rabies is a deadly virus that attacks the nervous system
- You can get rabies if a rabid animal bites you or its saliva or nervous tissue gets into an open cut or your eyes, nose or mouth
- Because bats are small, the possibility exists that a bat may have bitten an unattended young child, a person who was sleeping, a person with sensory or mental impairment, or a pet without you knowing it
- If you find a bat in your home DO NOT release it
- Learn how to safely catch bats by viewing the video available at <http://www.steubencony.org/pages.asp?PID=539>
- Immediately contact your local health department for advice on what to do; Steuben County Public Health can be reached by calling 664-2438







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](mailto:publichealth@co.steuben.ny.us)

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



Dial 2-1-1 or  
1-800-346-2211  
to sign up.  
Today is the day to  
recommit to quit!

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.

### 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 Sq., 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 - 3:00 PM / 1st Wed each month**

### ADULT VACCINES ARE AVAILABLE

**QUIT SMOKING** - Call for help from our  
Cessation Counselor