



Community Calendar

June is Men's Health Month

Wear Blue June 19
www.menshealthmonth.org

Check our website for Rabies Clinics
 Make sure your pets are up to date on their vaccinations
www.steubencony.org/calendar.asp?CID=9

Farmers Markets
Addison: Bliss Park
 Saturdays 8 am - 4 pm
Bath: Pulteney Park,
 Wednesdays 9 am - 3 pm
Corning: Riverfront Park
 Thursdays 9 am - 3 pm
Hammondsport: Walkway
 Saturdays 9 am - 12 pm
Hornell: Center Street
 Thursdays 10 am - 6 pm
Prattsburgh: Main Street
 Starting July,
 Fridays 4 pm - 6:30 pm
<http://bit.ly/1Afmpir>

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Wellness Matters

June / July 2015

What You Need to Know About Lead Poisoning Prevention

What is lead poisoning?

Lead poisoning is caused by swallowing or breathing lead. Lead can be found in dust, air, water, soil, and in some products used in and around homes. Lead can harm children's growth, behavior, and ability to learn. Children under age 6 are more likely to get lead poisoning than any other age group.

How can lead poisoning be prevented?

- All children are required to be tested for lead at ages 1 and 2. Talk to your provider to make sure your children are tested.
- Keep children away from chipped or peeling paint, especially in houses built before 1978.
- Children and pregnant women should stay away from repairs that disturb old paint, such as sanding and scraping, until the area is cleaned using wet cleaning methods and a HEPA vacuum.
- Wash children's hands and faces after play, before meals, and before bed.
- Wash toys, stuffed animals, pacifiers, and bottles with soap and water often.
- Mop floors often, and use damp paper towels to clean window wells and sills.
- Lead can be found in some children's jewelry, toys, keys, and old furniture. "Like" Steuben County Public Health's Facebook page www.facebook.com/SCNYPublicHealth to be notified of the latest lead recalls.
- Let tap water run for one minute before using it if it hasn't been run for a few hours, even if you have a well.
- Eat and serve foods to your children that have calcium (milk, cheese, yogurt, green and leafy vegetables), iron (beans, lean meat, peanut butter), and vitamin C (oranges, orange juice, tomatoes, green peppers) as these foods help keep lead from being stored in the body.

For more information visit www.health.ny.gov/environmental/lead

Baby Café Opening Soon!

The recently-formed Steuben County Breastfeeding Coalition is working hard to bring a Baby Café to Steuben County in coming months. Tentatively scheduled to open in July, the Baby Café will be a welcoming place open once a week for new moms, expecting parents, and families with young children. The Baby Café is a place where parents and children can gather socially, but is also a space for any questions to be answered about breastfeeding, child-rearing, and other things that come up in daily parenting. The Baby Café is staffed by trained professionals who work in health-oriented organizations, including Steuben County Public Health, Healthy Families, WIC, and others. Certified Lactation Counselors will be present at every session.

The Baby Café is expected to be held on Fridays starting at 11:00 am at the Dormann Library in Bath following their Story Time designed for infants to 3 year olds, which runs from 10:30 - 11 :00 am. For more information on the opening of the Café please check back on the SCPH website www.steubencony.org/publichealth or our [Facebook](#) page. To find out more information about what a Baby Café is visit www.babycafeusa.org.

Car Seats and Garage Sales: Not a Good Mix

Good weather is finally here and that means garage and yard sale season is in full swing. Many parents may find it convenient to purchase a used car seat at a sale for a discounted price, but car seat technicians advise against this practice. It is very important to know the full history of the car seat you purchase, so buying new is best. Any car seat that has been in a car during a crash (even a minor fender bender) should be replaced. Because you do not know the full history of a car seat bought at a garage sale, a thrift shop, or which has been previously used, it is best to buy new.



Additionally, car seats typically expire 6 years from the manufacture date. Check the back or bottom of your car seat to find out when your seat was made and when it expires. Expired seats should be thrown out. Remember, it is recommended that children remain rear-facing at least to age 2, and must be rear-facing by law to age 1.

For more car seat safety information visit www.safekids.org/tip/car-seat-tips. Steuben County Sheriff's Office holds a grant to supply car seats for income-eligible Steuben County residents. For a car seat application and more information on the program visit the SCPH Safety / Injury Prevention page at <http://bit.ly/1HnjkfL>. If you would like to speak with a car seat technician about car seat questions, call the Sheriff's Office at 607-622-3911 or Public Health at 607-664-2438 or email LoreleiW@co.steuben.ny.us.

Steuben County Passes Local Law for Sale of Sparklers

Steuben County recently adopted a local law to allow the sale and use of “sparkling devices” June 1 through July 5 and December 26 through January 2 each year. When using sparklers, please remember the following safety tips:

- Always have an adult supervise fireworks and sparklers activities. Young children often suffer injuries from sparklers.
- Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting. Keep body parts a safe distance away from any lit object.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire. cpsc.gov/fireworks



Steuben County Moves Up 6 Spots in County Health Rankings

Steuben County ranked 34 out of 62 in the Health Outcomes ranking by Robert Wood Johnson Foundation. In 2014, we ranked 40 out of 62. The County Health Rankings & Roadmaps project ranks counties within each state across the nation in respect to length and quality of life, health behaviors, clinical care, social and economic factors, and physical environment. Each year we hope to continue to see improvement for the health of our residents. <http://bit.ly/1PWWjSX>

With graduation and summer nearing, please note that it is never legal for any adult to provide alcohol to someone else's child, even with the permission of the other child's parent. Steuben County's Social Host Law prohibits the consumption of alcoholic beverages and/or illegal drugs by minors on private premises.

1st offense: a violation with \$250 fine & up to 15 days in jail

2nd offense: a misdemeanor with \$500 fine & up to 60 days in jail

3rd / subsequent offenses: a misdemeanor with \$1,000 fine & up to 1 year in jail



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 Office: 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 only**. Please call ahead for an appointment.

SEXUALLY TRANSMITTED DISEASE (STD) TESTING is available. Please call for information about free testing.

TUBERCULOSIS PROGRAM

Screening tests for TB are available by appointment only, for a fee of \$25.

IMMUNIZATION CLINICS:

All clinics are by appointment only

BATH: Steuben County Office Building
3 E. Pulteney Square, Bath, NY

Day clinic:

**1:00 - 3:00 pm on 2nd Wednesday
every month**

Evening clinic:

**4:30 - 6:30 pm on 4th Tuesday every
month**

ADULT VACCINES ARE AVAILABLE. Please call for an appointment.

Please note: clinics will no longer be held in Corning or Hornell. Call to schedule an appointment in Bath today.