Wellness Matters
August / September 2015

Baby Café Grand Opening
August 7, 12 - 3 pm
Dormann Library, Bath
Baby Café is open every Friday from 11 am - 1 pm

Rabies Clinics
August 8, 9 - 11 am
Cohocton Fire Hall
585-384-9501
August 14, 6 - 8 pm
Pavilion behind Town Barn, Greenwood
607-698-4350

Steuben County Fair
August 18 - 23
Come see our booth!

Strong Kids Safe Kids
September 19, 1 - 4 pm
Haverling HS Gym, Bath

Pregnant and interested in breastfeeding?
Already breastfeeding and want to meet other moms?
Need answers to breastfeeding questions?
Not breastfeeding, but looking for support?

Bath Baby Café is Open!
Dormann Library
101 W Morris Street, Bath, NY 14810
Every Friday, starting July 17
11:00 am – 1:00 pm
Following the Cuddle Up Story Time for Infants - 3 year olds

The Baby Café is a breastfeeding and support drop-in for pregnant women, breastfeeding moms, and all moms, dads, and families!
Bath Baby Café is staffed by trained professionals from Public Health, Healthy Families, WIC and other members of the Steuben County Breastfeeding Coalition. All programs are free of charge.

Relax and join us for refreshments, support and information.
Questions? Call Public Health at 607-664-2438

Bath Baby Café Grand Opening Event
Friday, August 7th from 12:00 - 3:00 pm
Dormann Library, Bath
Ribbon cutting ceremony at 1:30 pm

Partnering with the Dormann Library Summer Reading Program Community Heroes theme! All parents are heroes.
Join us for cake, information, resources, giveaways and more!
Healthy Family Resource Fair with area organizations tabling.

Vendors include:
Public Health, Arnot Health, 211, Guthrie Corning Hospital, Healthy Families, WIC, Cornell Cooperative Extension, Finger Lakes Breastfeeding Partnership, Twin Tiers Breastfeeding Network, Finger Lakes Community Health and others!
August is National Immunization Awareness Month. While immunizations have significantly reduced the incidence of many serious infectious diseases, vaccination rates for some diseases are not meeting national public health goals. Immunizations are not just for children; they are needed throughout our lifetime.

View the immunization schedules over the following pages to see what immunizations are recommended for you, your children, your patients, and your friends based on their age. See the calendar on the back page for our clinic schedule.

Did you know that Public Health does home visits for moms?

Questions often arise after a mom leaves the hospital. A Public Health Nurse can make an educational visit with any mom in her home before and/or after her baby is born.

Benefits:
- In home, at mom’s convenience.
- Relaxed environment.
- Very knowledgeable.
- Certified Lactation Consultants (CLC) for any breastfeeding questions or concerns.
- Offer education on wide variety of topics related to newborns and family health.

If you are interested in having a nurse visit you or a patient or client, let the hospital know upon delivery and they can make a referral to Public Health. If the decision to have a nurse visit is made after getting home, call Public Health at 607-664-2438 and a nurse will schedule a time to visit that is at the mom’s convenience.
<table>
<thead>
<tr>
<th>Disease</th>
<th>Vaccine</th>
<th>Disease Symptoms</th>
<th>Disease Spread By</th>
<th>Disease Complications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rubella</td>
<td>MMR vaccine protects again rubella, measles, and mumps</td>
<td>Tonsillitis in mouth and throat</td>
<td>All direct contact</td>
<td>Injury, fever, rash</td>
</tr>
<tr>
<td>Rotavirus</td>
<td>No vaccine available</td>
<td>Diarrhea</td>
<td>All direct contact</td>
<td>Dehydration, vomiting</td>
</tr>
<tr>
<td>Pneumococcal</td>
<td>PCV vaccine protects against pneumococcal</td>
<td>Swelling in neck</td>
<td>Airborne (through nose, mouth)</td>
<td>Earache, fever, cough</td>
</tr>
<tr>
<td>Polio</td>
<td>OPV vaccine protects against polio</td>
<td>Paralyzing</td>
<td>All direct contact through poliovirus</td>
<td>Paralysis, weakness</td>
</tr>
<tr>
<td>Pertussis</td>
<td>Diphtheria toxoid protects against pertussis</td>
<td>Coughing fits</td>
<td>All direct contact</td>
<td>Coughing, vomiting</td>
</tr>
<tr>
<td>Mumps</td>
<td>MRPP vaccine protects against mumps</td>
<td>Parotitis (salivary glands in temple, above ear)</td>
<td>Airborne (through mouth)</td>
<td>Parotitis, fever</td>
</tr>
<tr>
<td>Measles</td>
<td>MMR vaccine protects against measles</td>
<td>Rash, fever, cough, runny nose</td>
<td>All direct contact</td>
<td>Conjunctivitis, fever</td>
</tr>
<tr>
<td>Flu</td>
<td>No vaccine available</td>
<td>Fatigue, cough, fever</td>
<td>All direct contact</td>
<td>Fatigue, fever, cough</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>Hepatitis B vaccine protects against hepatitis B</td>
<td>Jaundice, fatigue, fever</td>
<td>Direct contact with blood of infected person</td>
<td>Liver failure, jaundice</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>Hepatitis A vaccine protects against hepatitis A</td>
<td>Nausea, vomiting, fatigue</td>
<td>Direct contact with food or water</td>
<td>Diarrhea, fatigue</td>
</tr>
<tr>
<td>Diphtheria</td>
<td>Diphtheria toxoid protects against diphtheria</td>
<td>Swelling in neck</td>
<td>All direct contact</td>
<td>Hoarse voice, fever</td>
</tr>
<tr>
<td>Chickenpox</td>
<td>Varicella zoster vaccine protects against chickenpox</td>
<td>Rash, fever, fatigue</td>
<td>All direct contact</td>
<td>Rash, fever, fatigue</td>
</tr>
<tr>
<td>HIB</td>
<td>Hib vaccine protects against Hib</td>
<td>Infection in the bloodstream</td>
<td>All direct contact with blood</td>
<td>Meningitis, fever</td>
</tr>
</tbody>
</table>

Vaccine-preventable diseases and the vaccines that prevent them.
Vaccine-Preventable Diseases and the Vaccines that Prevent Them

If you have any questions about your child's vaccine, talk to your healthcare provider.

Preventable Diseases

**Chickenpox**
- Caused by the varicella-zoster virus
- Highly contagious
- Prevented by the varicella vaccine

**Measles**
- Caused by the measles virus
- Highly contagious
- Prevented by the measles-mumps-rubella (MMR) vaccine

**Mumps**
- Caused by the mumps virus
- Highly contagious
- Prevented by the measles-mumps-rubella (MMR) vaccine

**Polio**
- Caused by the polio virus
- Highly contagious
- Prevented by the polio vaccine

**Hepatitis A**
- Caused by the hepatitis A virus
- Prevented by the hepatitis A vaccine

**Hepatitis B**
- Caused by the hepatitis B virus
- Prevented by the hepatitis B vaccine

**HIV/AIDS**
- Caused by the human immunodeficiency virus (HIV)
- Not preventable by vaccine, but can be treated and managed

**Measles**
- Caused by the measles virus
- Highly contagious
- Prevented by the measles-mumps-rubella (MMR) vaccine

**Mumps**
- Caused by the mumps virus
- Highly contagious
- Prevented by the measles-mumps-rubella (MMR) vaccine

**Polio**
- Caused by the polio virus
- Highly contagious
- Prevented by the polio vaccine

**Hepatitis A**
- Caused by the hepatitis A virus
- Prevented by the hepatitis A vaccine

**Hepatitis B**
- Caused by the hepatitis B virus
- Prevented by the hepatitis B vaccine

**HIV/AIDS**
- Caused by the human immunodeficiency virus (HIV)
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### 2015 Recommended Immunizations for Adults: By Age

<table>
<thead>
<tr>
<th>Age</th>
<th>Recommended Vaccines</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-26</td>
<td>MCV4, HPV, tdap, influenza, pneumococcal, tetanus, diphtheria, HAV, HBV, varicella, shingles, meningococcal, Hep A, Hep B</td>
</tr>
<tr>
<td>27-64</td>
<td>MCV4, HPV, tdap, influenza, pneumococcal, tetanus, diphtheria, HAV, HBV, varicella, shingles, meningococcal, Hep A, Hep B</td>
</tr>
<tr>
<td>65+</td>
<td>MCV4, HPV, tdap, influenza, pneumococcal, tetanus, diphtheria, HAV, HBV, varicella, shingles, meningococcal, Hep A, Hep B</td>
</tr>
</tbody>
</table>

*Note: This information is subject to change. Please consult the latest CDC guidelines for the most up-to-date recommendations.*
You may need at least 6 weeks prior to your travel to get your health care provider's advice about your need for additional vaccines.

If you are traveling outside the United States, you may need additional vaccines. Ask your health care provider about which vaccines you may need.

For more information call 1-800-CDC-INFO

Recommended for:

- People planning to travel outside of the United States
- People living in or visiting high-risk settings
- People who are part of specific risk groups

2015 Recommended Immunizations for Adults: By Health Condition

If you have this health condition, talk to your health care professional about these vaccines:

- Chronic liver disease
- Chronic kidney disease
- HIV infection
- Immunocompromising conditions
- Malignancy
- Pregnancy

Schedule a visit with your health care provider to discuss your individual immunization needs.
Are you familiar with the Children with Special Health Care Needs Program?

Families with physically disabled or chronically ill children often need a wide range of services to meet their child’s and family’s special needs. The Children with Special Health Care Needs Program (CSHCN) can help! CSHCN proactively assists families in accessing community resources and government gap filling programs which can help maximize the quality of life for children ages birth - 21 years.

Services of the program include intake and referral to sources of funding and/or services for families who have children with special health care needs. CSHCN also has a financial component: the Physically Handicapped Children’s Program (PHCP). PHCP requires prior authorization and is based on income guidelines. PHCP reimburses specialty providers for diagnosis and ongoing treatment for children that are medically and financially eligible.

Some children may be referred to our Early Intervention Program (birth - age 3) which provides early identification, screening, evaluation, special services, and service coordination to assist children with developmental delays reach their full potential. Children ages 3 to 5 suspected of having a disability or developmental delay are referred to school districts’ committees on Preschool Special Education to be considered for Special Educational Programming.

For more information on CSHCN, PHCP, or EI, contact the Special Children’s Services Program at Steuben County Public Health by phone at 607-664-2146.

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Find out by coming to a Car Seat Check Event!

Car seats reduce the risk of fatal injury by 71% for infants and by 54% for toddlers when used correctly in passenger cars. Most parents are confident that they have correctly installed their child’s car seat, but in most cases (59%) the seat has not been installed correctly.

What can be done? Have car seats checked by professionally trained car seat techs. Public Health, the Sheriff’s Office, NYS Troopers, Healthy Families, and others in the area have trained techs. Car Seat Check events are regularly scheduled throughout the year and can be found throughout the county.

What happens at Car Seat Checks? Techs assess the current condition of the car seat, taking into consideration the expiration date, the height and weight limits of the seat, the location of the seat in the car, how it is installed, and how the child is strapped in. Every child leaves in a safe seat, whether that is the seat they came in installed properly or if that means a new seat is needed and provided.

Upcoming Car Seat Check Events

September 19, at Strong Kids Safe Kids, Tentatively 12:00 - 4:00 pm, VEW Primary, Bath Check www.steubencony.org/carseats for further details and others to be scheduled.
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.