



Saratoga County Public Health

The Public Health Connection

A Community Newsletter for Better Health & Wellness
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Program of the Month:

August is National Immunization Awareness Month

We all need shots (also called vaccinations or immunizations) to help protect us from serious diseases. To help keep our community safe, **Saratoga County Public Health** is proudly participating in National Immunization Awareness Month. Shots can prevent serious diseases like the flu, measles, and pneumonia. It's important to know which shots you need and when to get them. Talk to your doctor or nurse to make sure that everyone in your family gets the shots they need. To learn more, visit www.saratogacountyny.gov

Public Health Emergency Preparedness **Severe Summer Weather** **Thunderstorm Safety Tips**



Terms To Know:

Severe Thunderstorm *Watch* is issued when severe thunderstorms are possible in and close to the watch area. The watch is issued to alert you to the possibility that thunderstorms with damaging winds and large hail may develop. Listen to NOAA Weather Radio and your local media weather updates and stay informed!

Severe Thunderstorm *Warning* is issued when a severe thunderstorm has been spotted and is going to move through your county soon. The key is to remain *CALM*, but take precautionary action *IMMEDIATELY* to protect your life and property.

Be Prepared

Know the county in which you live and the names of nearby cities. Severe weather warnings are issued on a county basis.

Have disaster supplies on hand, including:

- ✓ Flashlight and extra batteries
- ✓ First aid kit and manual
- ✓ Non-electric can opener
- ✓ Checkbook, cash, credit cards, ATM cards
- ✓ Battery-operated radio and extra batteries
- ✓ Emergency food and water
- ✓ Essential medicines

Before the Storm:

- ❖ Check the weather forecast before leaving for extended periods outdoors.
- ❖ If a storm is approaching, keep a NOAA Weather Radio or AM/FM radio with you.
- ❖ Watch for signs of approaching storms.
- ❖ Postpone outdoor activities if storms are imminent.
- ❖ Check on neighbors who require special assistance: infants, the elderly, and people with disabilities.

During the Storm:

Remember: If you can hear thunder, you are close enough to the storm to be struck by lightning. Go to safe shelter immediately.

- Move to a sturdy building or car. **DO NOT** take shelter in small sheds, under isolated trees, or in convertible automobiles.
- If lightning occurs and sturdy shelter is not available, get inside a hard top automobile and keep the windows up.
- Get out of boats and away from water.
- Telephone lines and metal pipes can conduct electricity. Unplug appliances not necessary for obtaining weather information. Avoid using the telephone or any electrical appliances. Use phones only in an emergency.
- Do not take a bath or shower.
- Turn off air conditioners. Power surges from lightning can overload the compressors.
- Get to higher ground if flash flooding or flooding is possible. **DO NOT** attempt to drive to safety. Most flash flooding deaths occur in automobiles.

If you are caught outdoors and no shelter is nearby:

- ✓ Find a low spot away from trees, fences, and poles.
- ✓ If you are in the woods, take shelter under the shorter trees.
- ✓ If you feel your skin tingle or your hair stand on end, squat low to the ground on the balls of your feet. Place your hands on your knees with your head between them. Make yourself the smallest target possible; minimize your contact with the ground.

After the Storm

- Check on neighbors who may require special assistance—infants, the elderly, and people with disabilities.
- Avoid all downed power lines. Assume they are live electricity.
- Continue to monitor NOAA Weather Radio and your local media for latest weather update.



Public Health Clinics

We offer a variety of clinics throughout the month such as:

International Travel and Adult

Clinic is on first and third Wednesday of the month 8:30-12:30 and the second and fourth Wednesday 1-3:30.

Appointments are required for this clinic; you can schedule them by calling 584-7460 x8306



Vaccine for Children (VFC)

SSIC is the first Tuesday 1:15-3:15 and the 4th Tuesday from 10am -12Pm

Appointments are required for this clinic; you can schedule one by calling 584-7460 x8362