SCHOHARIE COUNTY
DEPARTMENT OF HEALTH

Schoharie County Public Health Matters

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SEPTEMBER

- 7th Labor Day
- 11th Patriot Day
- 22nd Autumn Begins
- National Preparedness Month
- Baby Safety Month
- Cholesterol Education Month
- He althy Aging Month

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National Preparedness Month

WHAT IS NATIONAL PREPAREDNESS MONTH?

National Preparedness Month (NPM) is sponsored by the *Ready* Campaign and Citizen Corps. NPM is held each September and is designed to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and communities.

September 2009 is the sixth annual NPM. This year will focus on changing perceptions about emergency preparedness and helping Americans understand what it truly means to be *Ready*.

PREPARING MAKES SENSE. GET READY NOW!

1. Get a Kit of emergency supplies.

Be prepared to improvise and use what you have on hand to make it on your own for **at least three days**, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air.

Recommended Supplies to Include in a Basic Kit:

- ✓**Water** - one gallon of water per person per day, for drinking and sanitation
- ✓**Non-perishable Food** - at least a three-day supply
- ✓**Battery –powered** or hand crank **Radio and a NOAA Weather Radio** with tone alert and extra batteries for both
- ✓**Flashlight** - and extra batteries
- ✓**First Aid kit**
- ✓**Whistle -** to signal for help
- ✓**Filter mask** - or cotton t-shirt, to help filter the air
- ✓**Moist towelettes, garbage bags and plastic ties** – for personal sanitation
- ✓**Wrench or pliers** - to turn off utilities
- ✓**Manual Can opener** - if kit contains canned food
- ✓**Plastic sheeting and duct tape** - to shelter-in-place
- ✓**Important Family Documents**
- ✓**Items for unique family needs,** such as daily prescription medications, infant formula or diapers

Consider two kits. In one, put everything you will need to stay where you are and make it on your own. The other should be lightweight, smaller version you can take with you if you have to get away.

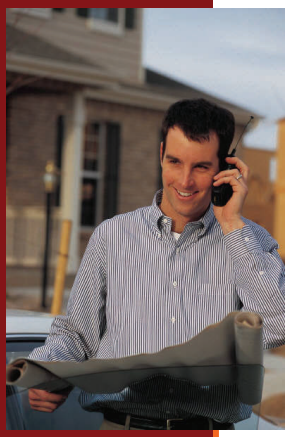
2. Make a Plan for what you will do in an emergency. Plan in advance what you will do in an emergency. Be prepared to assess the situation. Use common sense and whatever you have on hand to take care of yourself and your loved ones.

(Preparing Makes Sense. Get Ready Now! continued on page 2)

Source—Homeland Security

Preparing Makes Sense. Get Ready Now!

(continued from page 1) source—Homeland Security



You may have trouble getting through, be patient and keep trying!

Depending on your circumstances and the nature of the attack, the first important decision is whether to stay put or get away.

Watch TV, listen to the radio or check the Internet for instructions as they become available.

Develop a Family Emergency Plan. Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. **Consider a plan where each family member calls, or e-mails the same friend or relative in the event of an emergency.** It may be easier to make a long-distance phone call than to call across town, so an **out-of-town contact** may be in a better position to communicate among separated family members. Be sure each person knows the phone number and has coins or a prepaid phone card to call the emergency contact.

Create a Plan to Shelter-in-Place. There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as sheltering-in-place and sealing the room can be a matter of survival. **If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to shelter-in-place and seal the room.** Bring your family and pets inside with your emergency supplies and go into the room you have designated; lock doors, and close windows, air vents and dampers. Turn off air conditioning, forced air heating systems, exhaust fans and clothes dryers. Seal all windows, doors and vents. Sealing the room is a temporary measure to create a barrier between you and contaminated air.

3. Be Informed about what might happen. Some of the things you can do to prepare for the unexpected are the same for both a natural or manmade emergency. Potential terrorist threats such as biological, chemical, explosive, nuclear and radiological will affect the decisions you make and the actions your take. **Prepare yourself** to react in an emergency. Go to **ready.gov** to learn more abut potential terrorist threats and other emergencies or call **1-800-237-3239** for a free brochure.

Get Involved in preparing your community. Prepare yourself and your family for possible emergencies and take the next step. Learn more about the **Medical Reserve Corps** and **Citizen Corps**, which actively involves citizens in making our communities and our nation safer, stronger and better prepared. We all have a role to play in keeping our hometowns secure from emergencies of all kinds. Citizen Corps works hard to help people prepare, train and volunteer in their communities. To register online go to www.nyhealth.gov/ServNY, or contact the Schoharie County Health Department for more information at 295-8365.

What Do Your Cholesterol Numbers Mean?

Everyone age 20 and older should have their cholesterol measured at least once every 5 years. A blood test called a "lipoprotein profile" will determine your cholesterol numbers. This blood test is done after a 9-12-hour fast and determines:

Total cholesterol

LDL (bad) cholesterol-the main source of cholesterol buildup and blockage in the arteries.

HDL (good) cholesterol-helps keep cholesterol from building up in the arteries.

Triglycerides-another form of fat in your blood.

HDL (good) cholesterol protects against heart disease, so for HDL, higher numbers are better. A level less than 40 mg/dL is low and considered a major risk factor because it increases your risk for developing heart disease. HDL levels of 60 mg/dL or more help to lower your risk for hear disease.

Triglycerides can also raise your heart disease risk. Levels that are borderline high or high may need treatment in some people.

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline High
240 mg/dL and above	High

LDL Cholesterol Level	LDL Cholesterol Category
Less than 100mg/dL	Optimal
100-129 mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high

What Affects Cholesterol Levels?

source - US Dept of Health & Human Services

A variety of things can affect cholesterol levels. These are things you can do something about:

Diet. Saturated fat and cholesterol in the food you eat make your blood cholesterol level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet helps lower your blood cholesterol level.

Weight. Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. Losing weight can help lower your LDL and total cholesterol levels, as well as raise your HDL and lower your triglyceride levels.

Physical Activity. Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all, days.

Things you cannot do anything about also can affect cholesterol levels. These include:

Age and Gender. As women and men get older, their cholesterol levels rise. Before the age of menopause, women have lower total cholesterol levels than men of the same age. After the age of menopause, women's LDL levels tend to rise.

Heredity. Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

This newsletter provides general information only. Our readers should consult with their primary health care providers for all health issues and concerns.

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Today's Health Tomorrow's Future

SCHOHARIE COUNTY
DEPARTMENT OF HEALTH

FALL 2009
RABIES CLINIC SCHEDULE

WED SEPT 2	MIDDLEBURGH TOWN HIGHWAY GARAGE Cotton Hill Road, Middleburgh Henry Doerge, D.V.M.
WED. SEPT 9	SUMMIT TOWN HIGHWAY GARAGE Charlotte Valley Road, Summit Schoharie Valley Veterinary Clinic
WED. SEPT 16	COBLESKILL FAIRGROUNDS South Grand Street, Cobleskill Cobleskill Veterinary Clinic

ALL CLINICS ARE 6-8 P.M.
Vaccinations available free of charge
Donations to offset clinic expenses are appreciated.

Animals must be at least 3 months of age.
Animals must be properly restrained or they will not be vaccinated. Cats and ferrets must be brought in a carrier or a well-sealed, sturdy container.

Anyone needing further information may contact Robert Thomas, DVM, Schoharie County Rabies Coordinator at 518-234-2039.

SCDOH

Healthy Aging® Tips!

Pot Luck Suppers ...
Tired of cooking every day or of eating alone? Maybe you could share cooking with a friend a few times a week or have a potluck dinner with a group of friends. Sometimes meals are served at a nearby senior center, church, or synagogue. Eating out may give you a chance to visit with others.

Additional Tips

Physical Fitness

- ✓ Choose an exercise that you like and stick with it.
- ✓ Engage in 30 minutes of aerobic exercise and weight-bearing exercise every day.

Social Well Being

- ✓ Contribute time to your community through local volunteer groups, religious organizations, or civic groups.
- ✓ Stay in close contact with friends and family. Write, email, or call someone daily.

Mental Wellness

- ✓ Keep your mind exercised, too, by reading, learning a new skill, and researching something that interests you.
- ✓ Develop a hobby -- it's never too late to learn how to play the piano.

For more information see http://www.healthyaging.net/index.htm
Source— Healthy Aging