

HEALTH BITS

Jefferson County Public Health Service



National Lead Poisoning Prevention Week October 22 - 28

National Lead Poisoning Prevention Week (NLPPW) raises awareness and highlights the way that parents can reduce their child's exposure to lead & prevent its health

impacts. There is no safe blood lead level. Lead poisoning can cause learning & behavioral problems, slow growth & development and hearing & speech problems. Children younger than 6 are especially at risk, because their bodies and still developing & growing quickly. Young children also tend to put their hands or toys in their mouths, which may have lead dust on them.

Testing is the only way to know if your child has lead poisoning. In NYS, providers must test children at age 1 and again at age 2.

If your child has high lead levels, there are things you can do to help lower that level. Our staff & your doctor work together to help come up with a testing schedule for your child. The health department can also help you identify the source of lead in your home. Regular wet cleaning can help pick up lead dust, which will lower your child's exposure & levels. We can provide cleaning supplies to families whose child has a high blood lead level. Making sure your child has a diet high in calcium, iron and vitamin C can also help prevent lead from staying in the body. If you have questions about lead poisoning, please visit www.jcphs.org or give us a call at 315-786-3730.

Scan the QR code to find out if you are eligible for a no-cost housing assessment to identify lead paint hazards in homes owned & rented in the City of Watertown.



Immunizations for Fall & Winter

Some respiratory illnesses are more common in the fall and winter seasons. There are things you can do to help protect yourself and others from respiratory viruses like COVID-19, flu and respiratory syncytial virus (RSV).

- Get vaccinated.
 - A new 2023-2024 **COVID-19 vaccine** is recommended for everyone 6 months & older and helps protect against the current variants that are causing illness.
 - A **flu vaccine** is recommended each season for people 6 months and older.
 - An **RSV vaccine** may be recommended for you if you are 60 years & older. This vaccine is also recommended if you are 32-36 weeks pregnant right before or during RSV season.
- Regular handwashing is a great way to remove germs and avoid getting sick - you have to scrub for at least 20 seconds!
- Effectiveness against different viruses varies, but masks can help reduce the amount of germs you breathe in or out.
- Improving air ventilation & quality can help reduce the amount of virus you are exposed to.
- Stay home when you are sick so that you do not spread the illness to others.



Heather Hazzan, SELF Magazine

STD Clinic
every Tuesday
12:30 - 3:30pm

Immunization Clinic
every Wednesday
12:30 - 3:30pm

Travel Health
appointments available

Please call
315-786-3730 to
make an appointment.

www.jcphs.org
531 Meade Street
Watertown, NY 13601



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