

HEALTH BITS

Jefferson County Public Health Service



National Immunization Awareness Month

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. During NIAM, we encourage you to talk to your healthcare provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination.

Back-to-School

Call your child's provider today to make sure they are up-to-date on their vaccines and ready to start the new school year. We will be holding an extra clinic on

Thursday, August 24 4:00 - 6:00pm

for students who may not be able to get an appointment at their provider's office. Call 315-786-3730 to make an appointment.

JCPHS CLINICS

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.



WORLD BREASTFEEDING WEEK 2023

Under NYS law, it is illegal for your employer to treat you differently because you are breastfeeding. Nursing mothers are guaranteed break time to express breast milk while at work.

- For up to three years following childbirth, you have the right to take reasonable unpaid break time or to use paid break time or meal time each day, so that you can express breast milk at work.
- Your employer must make reasonable efforts to provide a room or another location, in close proximity to your work area, where you can express breast milk in private.
- Your employer may not discriminate against you based on your decision to express breast milk at work.

SUMMER RABIES VACCINATION CLINICS

Tuesday, August 1st 6-8pm at Cape Vincent Town Barn

Thursday, August 3rd 6-8pm at Clayton Town Barn

Tuesday, August 8th 6-8pm at Adams DPW Garage

Thursday, August 17th 6-8pm at Watertown City DPW

All pets must be securely contained and/or controlled at all times. Clinics are at no cost, but a \$10 donation per animal is asked, if possible. These clinics are on a walk-in basis, **no appointment is needed.**



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