



## Real Moms of Syracuse

A Syracuse Healthy Start Meet Up



Join us every month!

- \* Wednesday, May 21st at 1:00 p.m.
- \* Wednesday, June 11th at 1:00 p.m.
- \* Wednesday, July 2nd at 1:00 p.m.
- \* Wednesday, August 20th at 1:00 p.m.

**Southwest Community Center**  
Power Room  
401 South Avenue, Syracuse NY

For more information or for help with transportation, call 424-0009 x106



Join Syracuse Healthy Start for our Monday Miles, 10:00 a.m. at the following locations!

- Burnet Park June 2
- Inner Harbor June 16
- Near Westside June 30
- Schiller Park July 14
- Thornden Park July 28
- Upper Onondaga August 11
- Armory Square August 25

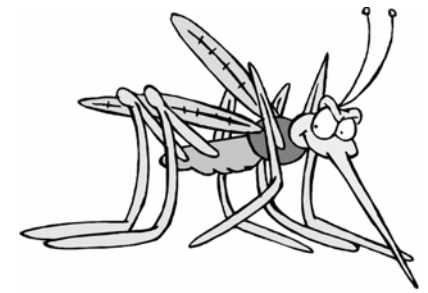
Get your passport stamped each time and be entered into a raffle at the Annual Syracuse Stroll on September 13, 2014!

For more information about these events and meet-up locations, please contact Selina at (315) 424-0009 x106



## How to Keep Your Family Safe and Bug-Bite Free

Mosquito season has arrived, so make sure you are on guard this summer. Diseases like West Nile Virus and Eastern Equine Encephalitis are spread by infected mosquitoes. These diseases can cause serious illness and even death (in rare cases). It is worth taking the time to apply insect repellent.



Follow these tips to reduce your family's risk of being bitten:

### Tip #1: Choose the Right Insect Repellent

Be sure to choose an EPA-registered insect repellent. Repellents that contain DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-menthane-diol products provide longer-lasting protection.

### Tip #2: Make It a Habit

Applying insect repellent should be a regular part of your family's routine when heading outdoors. Children should not be allowed to apply repellent on their own. Put the repellent on your hands and then apply it to children.

### Tip #3: Keep It Safe

Repellents are safe when used as directed, so be sure to read and follow the directions. Do not apply repellent on young children's hands or around the eyes and mouth. After returning indoors, wash the repellent off with soap and water.

To learn more about what you can do to keep your family bug-bite free and reduce your risk of mosquito-borne disease, visit the Onondaga County Health Department at <http://www.ongov.net/health/mosquitoborne.html>, call 315-435-3280, or find us on Facebook.

## Window Safety

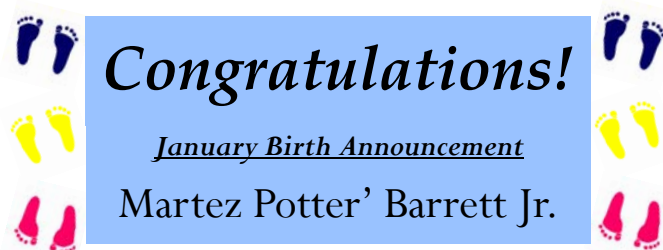
Spring is here, and Syracuse Healthy Start wants to remind parents to be careful when opening windows, especially when there are young children in the home.

Here are some safety tips to follow:

- Install window guards to prevent children from falling out of windows. For windows above the first floor, install window guards with an emergency release device in case of fire.
- Install window stops so that windows open no more than four inches.
- Keep windows locked and closed when they are not being used.
- Keep furniture away from windows so kids cannot climb to the ledge.
- Do not rely on window screens to prevent falls. Screens are meant to keep bugs out, not keep children in.
- Supervise children at all times, especially around open windows.



Never try to move a child who appears to be seriously injured after a fall - call 911 and let trained medical personnel move the child with proper precautions.



## Congratulations!

January Birth Announcement  
Martez Potter' Barrett Jr.

\*Talk to your Healthy Families home visitor to have your baby's birth announcement added.

### Onondaga County Health Department

## 2014 Rabies Shot Clinics



**Thursday, June 5<sup>th</sup>**  
5:00 PM - 7:00 PM  
Camilius Town Hall  
4600 West Genesee Street  
Syracuse

**Thursday, June 19<sup>th</sup>**  
5:00 PM - 7:00 PM  
Meachem Ice Rink  
121 West Seneca Turnpike  
Syracuse

**Monday, June 23<sup>rd</sup>**  
5:00 PM - 7:00 PM  
Cicero Highway Garage  
8236 Brewerton Road  
Cicero

**Thursday, July 17<sup>th</sup>**  
5:00-7:00 pm  
Schiller Park  
Bova Community Center  
Farmer Street, Syracuse

New York State Public Health Law requires that all puppies and kittens get their first rabies shot at three months of age. They also need to get a booster shot at one year old and then again every three years. Ferrets must get a shot every year.

Please keep your pets on a leash or in a carrier and keep them close to you. Bring your pet's past rabies shot records. A voluntary donation per family is appreciated.

For more information call Animal Disease Control  
**435-3165**

Onondaga County Health Department  
[www.ongov.net/health](http://www.ongov.net/health) • [facebook.com/ongovhealth](https://www.facebook.com/ongovhealth)

## Herb and Spice Blends

Enhance flavor and replace some salt with herbs and spices to make great tasting recipes!

**Pepper-Garlic Blend**  
Combine garlic powder, cracked black pepper, and cayenne pepper to create a new spicy mixture.

**Citrus Blend**  
Combine grated lemon and orange peel with minced garlic and cracked pepper. Grated lime peel can also be added for more zest.

**Italian Mix**  
Combine fresh or dried oregano, basil, and rosemary. Add it to minced Italian parsley and garlic.

**Natural Herb Blend**  
Combine fresh or dried marjoram, thyme, and basil to create a savory flavor.




# Resources



Text4baby provides free text messages 3 times a week with information to help you through your pregnancy and baby's first year. To sign up: text BABY (BEBE para Espanol) to 511411 or visit [www.text4baby.org](http://www.text4baby.org).

Pregnant? Have a new baby or young kids?



Call 435-2000  
[www.onhealthyfamilies.com](http://www.onhealthyfamilies.com)  
[facebook.com/healthyfamiliesonondaga](https://facebook.com/healthyfamiliesonondaga)

Syracuse Healthy Start is on Twitter! Follow us @SYRHealthyStart or on Facebook for the latest updates.



[facebook.com/healthyfamiliesonondaga](https://facebook.com/healthyfamiliesonondaga)



[@SYRHealthyStart](https://twitter.com/SYRHealthyStart)

Onondaga County Health Department  
Syracuse Healthy Start  
501 East Fayette Street  
Syracuse, NY 13202



# Healthy Start News

Celebrating Over 15 Years of Syracuse Healthy Start

Volume 8, Issue 2 ■ Spring 2014

## Spring 2014

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Syracuse Healthy Start Newsletter is not intended to replace the services of a physician. Information is provided for informational purposes only and is not a substitute for professional medical advice.



Syracuse Healthy Start promotes healthy pregnancies and healthy babies through community partnerships, community referrals, health education, case management, and home visitation. Funding for Healthy Start is provided by Health Resources and Services Administration.

## Healthy Start and You at the Zoo!



Syracuse Healthy Start held its annual breakfast at the Rosamond Gifford Zoo on Thursday, May 8th. Families created picture frames for Mother's Day and took part in a raffle for prize baskets. Sookie Kayne, PT, spoke on the topic of "Container Babies." Her talk included information on how babies are spending too much time in car seats, bouncers, swings, and other devices that "contain" their movement. She spoke about fun ways to get back to the basics and boost a baby's development. 100 people attended this event.

