

## Syracuse Stroll: Fitness Walk and Health Fair



## Time for Your Flu Vaccine!

Getting yourself and your child a flu vaccine (shot) each year is the best way to prevent flu infection. Keep these tips in mind for a healthy flu season!

- It is recommended that everyone over 6 months old get a flu vaccine every year. Get yourself and your child vaccinated as soon as the vaccine becomes available.
- If your child is under 6 months old, it is very important for you, and all other household contacts, to get a flu vaccine.
- Is your child afraid of shots? FluMist® (a vaccine that is sprayed into the nose) is available for healthy children 2 and older.
- Children with chronic health problems, such as asthma and diabetes, are especially at high risk of developing serious flu complications and should get a flu vaccine every year.
- Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.
- If you or someone in your household is sick, stay home, and practice good hand washing to prevent the spread of the illness.



Ask your health care provider about getting flu vaccine for your family. No health insurance? Call the Onondaga County Health Department at 435-2000 to find out how you can get a flu vaccine.

## Give your baby some space. Share the room. Not the bed.



### Babies sleep safest in their cribs.

- Beds are not safe for sleeping babies.
- Don't let your baby sleep on any soft surface (such as a sofa, pillow, blanket, arm chair). Not even for a nap!
- Your baby needs room to breathe. Do not use blankets, pillows, bumper pads, or toys in the crib.
- Cuddle with your baby during feeding time and waking hours, but when it is time to sleep, place your baby in a crib.
- Remember to tell family, friends, and child care providers how to keep your baby safe.

## Quit smoking for you and your baby!

We know that it is hard to stop smoking, but you can do it!

Here are some tips:

- Set your quit date.
- Write down your reasons for stopping smoking.
- Decide how you are going to stop smoking.
- Throw out your cigarettes, lighters, and ashtrays.
- Get a friend to help you stop smoking.



For help quitting, talk to your doctor. For more help quitting, call the New York State Smokers' Quitline at 1-866-NY QUIT.

## Who Needs a Flu Vaccine?



Everyone.  
Every Year.

## Healthy Recipe

### Are you Chili?

#### Ingredients:

- One pound ground beef or turkey
- ½ cup chopped onions
- ½ cup chopped green pepper
- 3 cans of kidney beans (15 oz.)
- 1 can stewed tomatoes (15 oz.)
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon chili powder
- 2 cups water



#### Directions:

- Brown ground meat in a skillet. Drain the fat.
- In a large pot, mix all the ingredients together.
- Add cooked beef to the mixture. Cover and cook for 20 minutes.

Enjoy!



# 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)

# Healthy Start News

Celebrating Over 15 Years of Syracuse Healthy Start

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## Syracuse Stroll Baby Buggy Walk in the Park

September was National Infant Mortality Awareness Month. To celebrate every baby's first birthday, Syracuse Healthy Start sponsored the 3rd Annual Syracuse Stroll, Baby Buggy Walk in the Park on September 28th. The walk began at Dunbar Center and continued on to Kirk Park in Syracuse. Following the walk there was a family fun and fitness fair at Kirk Park. Dr. Cynthia Morrow, Onondaga County Commissioner of Health, spoke at the event about the importance of safe sleep practices for baby. "Babies should sleep alone, on their back, in a crib with no bumper pads, blankets, or stuffed animals."



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Syracuse Healthy Start  
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### Fall 2013

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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.

Joanne M. Mahoney  
County Executive



Cynthia B. Morrow, MD, MPH  
Commissioner of Health  
[www.ongov.net](http://www.ongov.net)

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.