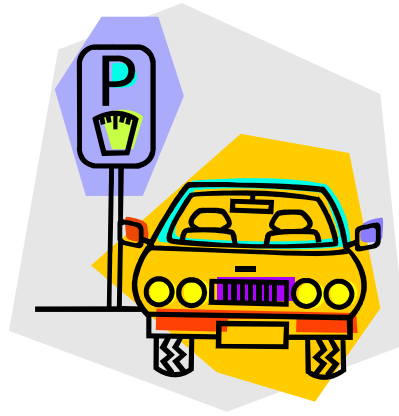


Prevent Heat Stroke in Children

Babies and children should never be left alone in a vehicle - even for a minute. Heat is much more dangerous to them than it is to adults. When left in a hot vehicle, a young child's body temperature may increase three to five times faster than an adult's, causing permanent injury or even death. Learn how to protect your child and keep her safe in and around vehicles.



Safety Tips

- If you see an unattended baby or child in a car, dial 911 immediately.
- Never leave a baby or child alone in a vehicle, even with the window slightly open.
- Place something that you will need at your next stop – for example, a purse, lunch, gym bag or briefcase – on the floor of the backseat where the child is sitting. This simple act could help prevent you from accidentally forgetting your baby or child if he or she is sleeping in a car seat.
- Be especially careful if you change your routine for dropping off your baby or child at child care. Have a plan that, if your baby or child is late for child care, you will be called within a few minutes.
- Teach children not to play in any vehicle.
- Always lock a vehicle's doors and trunk – especially at home.
- Watch children closely around vehicles, particularly when loading and unloading. Check to ensure all children leave the vehicle when you reach your destination. Do not overlook sleeping babies and children!

Safe Kids Worldwide

August is National Immunization Awareness Month



During National Immunization Awareness Month, get the pertussis vaccine to keep your baby safe! Pertussis, or whooping cough, can be a very serious disease, especially for infants. Older kids or adults may have pertussis without even knowing it and they can spread it to babies. Protect your baby! Make sure she and everyone around her has had their pertussis shot. If you are pregnant, ask about getting a pertussis shot during your pregnancy. For more information, talk with your health care provider or call the Onondaga County Health Department at 435-2000.

Smoking Near Your Children: How Bad Is It, Really?

If you are a smoker, you have probably been warned before: don't smoke near the children. But if it only happens once in a while, how harmful can it be? If a family member or babysitter smokes in the house or in the car with your baby, is it really that dangerous? The answer is: probably worse than you think.

The bottom line: *there is no safe level of secondhand smoke.*

Tobacco smoke contains over 4,000 chemicals. When breathed out, most of them end up in the air. If you smoke indoors or inside a car, these chemicals will stick to the surfaces around you – even with the windows open. If your children spend time in those places where someone smoked, they can still breathe in those chemicals.

Babies and young children are especially at risk of getting sick from secondhand smoke. Children exposed to smoke are more likely to suffer from ear infections, asthma, bronchitis, pneumonia, and other lung diseases. Lifelong health problems are a high price for a child to pay for someone else's addiction.

Protect your child's health by making sure that all places where your child goes are smoke-free. Ask others not to smoke in the car with your child. To learn more or to get free help quitting smoking, call 1-866-NY-QUITS or visit <http://nysmokefree.com>.



World Breastfeeding Week



August 1st - 7th, 2012 is World Breastfeeding Week! Breast milk is nature's perfect food. The ingredients in breast milk cannot be made. Breastfeeding provides newborns with all the nutrients they need for the first six months of life. Even after the start of some other foods, it is still recommended that a baby continue to breastfeed at least up to their first birthday. If you can breastfeed for only a short time, your baby will experience health benefits from the breast milk. Babies were born to breastfeed. Always have been...always will be.

Healthy Recipe

Tomato & Cucumber Salad

Ingredients:

4 tomatoes, cut into pieces
2 cucumbers, peeled & cut into pieces
1 sweet onion, peeled & cut into pieces
1/2 cup olive or salad oil
1/4 cup cider vinegar
1/2 tsp. salt
1/8 tsp. oregano
Fresh basil



Directions:

Put cut up vegetables in large salad bowl. In smaller bowl combine remaining ingredients and stir. Pour dressing over vegetables and add fresh basil. Let stand in refrigerator about 1 hour before serving for best 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.

Pregnant?
Have a new baby
or young kids?

Call 435-2000
www.onhealthyfamilies.com
facebook.com/healthyfamiliesonondaga

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

Healthy Start News

Celebrating Over 10 Years of Syracuse Healthy Start

Volume 6, Issue 3 ■ Summer 2012

Breakfast at the Zoo



Syracuse Healthy Start held its sixth annual Breakfast at The Rosamond Gifford Zoo on May 10, 2012. Mrs. Eva Williams, Administrative Intern for the Syracuse City School District, spoke to the group about how to make reading fun for baby. Following the breakfast, families received free admission to the Zoo for the day. Eighty-five people attended the fun-filled event!



Summer 2012

Inside this issue:

Prevent Heat Stroke in Children

Page 2

National Immunization Awareness Month

Page 2

Smoking near your Children: How bad is it, really?

Page 3

World Breastfeeding Week

Page 3

Healthy Recipe

Page 3

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

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.