

Hospital Readout

Rabies Alert!

Rabies is a deadly disease caused by a virus that attacks the nervous system. Rabies virus is in the saliva and nervous tissue of a sick animal.

Rabies is most often seen in wildlife animals such as raccoons, bats, skunks and foxes. Cats, dogs, ferrets, and livestock can also get rabies if they are not vaccinated to protect them.

You can get rabies if a rabid animal bites you or its saliva or nervous tissue gets into an open cut or your eyes, nose or mouth.

To protect yourself, your family, and your pets:

- ☛ Don't feed, touch or adopt wild animals, stray dogs or cats.
- ☛ Be sure your dog, cat or ferret has up-to-date rabies vaccinations. Pets too young to be vaccinated should be kept indoors.
- ☛ Don't try to separate fighting animals. Put gloves on before touching your pet if it has been in a fight.
- ☛ Don't attract animals to your yard. Feed pets inside, don't leave them outside alone, and don't let them run free.
- ☛ A rabid animal may be unusually mean or friendly. Stay away from any animal that seem dazed or paralyzed.
- ☛ Never touch a bat. If you can see a bat indoors, call the county health authority – don't let the bat get away – it may need to be tested for rabies.
- ☛ If you are bitten or scratched by any animal, immediately wash the wound with soap and water; seek medical attention and call the Ulster County Health Department.

Ellenville Regional Hospital's Emergency Department is here to serve you, whether for a rabies-related or other emergency. We're open all day, 365 days a year.

For information on the services provided by **Ellenville Regional Hospital**, please call 647-6400. 🌟

"Say Ahhhh..." Newsletter Debuts

The *Mid-Hudson Rural Integrated Delivery System (MHRIDS)* has published its first issue of their quarterly Newsletter, "Say Ahhhh...". This colorful, 6-page newsletter contains updates about *Ellenville Regional Hospital*, information on the 2.1.1. System, current and upcoming events throughout Ellenville, health information for adults, and web links for kids to learn about health careers and the issues they will face growing up. The newsletter also contains a telephone number to call if you would like to participate in a survey regarding healthcare needs within your community. *MHRIDS* will assess the survey responses to identify gaps in services and determine what can be done to bring these services to Ellenville.

"Say Ahhhh..." is available at RiteAid, *Matthews Pharmacy*, several doctors' offices, religious venues, Health Service offices, *Ellenville School District* offices, Town Offices, and the *Ellenville Library*.

MHRIDS is a division of Mid-Hudson Family Health Institute, the operator and manager of the *Family Practice Center* and *Dental Care Center* of Ellenville.

The Mid-Hudson Family Health Institute will participate in the *Health Fair* at the **Blueberry Festival** on **August 27th**. We will have fun and informative activities from **9 AM to 4 PM**. We'll be easy to spot on **Market Street**... just look for the blue & white balloon arch. Join us for a healthy dose of fun! 🌟

Safety First

Barbecue Safety Rules

by Sprague & Killeen, Inc., www.sprague-killeen.com

Nothing says summer like a barbecue with family and friends. By remembering basic barbecue safety rules, and exercising caution when using your barbecue grill, you, your family and friends can have many safe and enjoyable summer cookouts.

Did you know approximately 30 people are injured every year as a direct result of gas grill fires? Propane is a highly-flammable gas, and many grill fires occur when the grill is first used. To reduce the risk of fire and explosion, you should follow a few simple safety tips:

- ☛ Always sit a barbecue on a firm, level base sheltered from gusts of wind and well away from anything flammable, such as garden sheds, garages, fences, shrubs, etc.
 - ☛ Never wear loose, flowing clothes when tending the barbecue, and tie long hair back.
 - ☛ After cooking, allow coals to cool completely before disposing of them. Pour water over them to be sure.
 - ☛ Store gas outside the home, away from any heat source.
 - ☛ Check the tubes that lead into the burner for any blockage from insects, spiders, or food grease. Use a pipe cleaner or wire to clear the blockage.
 - ☛ Check frequently for leaks in connections by using a soap and water mixture that will show bubbles if gas escapes. If you detect a leak, immediately turn off the gas and do not attempt to light the grill until the leak is fixed.
- Get the grill ready, and enjoy your summer! 🌟

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