

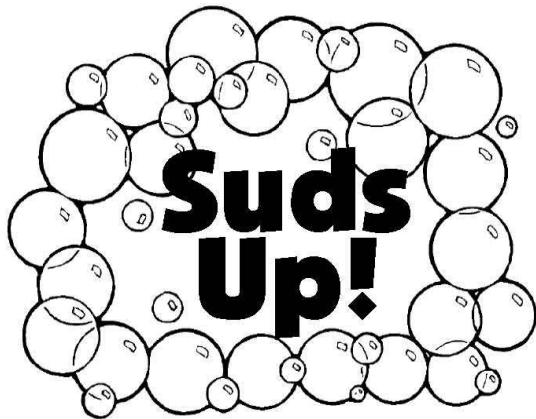


### Family Fun in the Park!

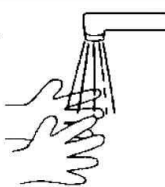


## Protect Children from Disease Where They Learn and Play!

Vaccines (shots) remain the most important way to protect children from vaccine preventable disease. To make it more likely that children receive all the shots they need, New York State has changed the vaccine requirements for schools, including early childhood programs (daycare, Head Start, nursery school or Pre-K). If you have a child attending a daycare or prekindergarten program, check with your health care provider to make sure your child has all needed shots. No insurance? Call the Onondaga County Immunization Program at 435-2000 for more information on where you can get vaccines for your child.



1.



Wet Hands

2.



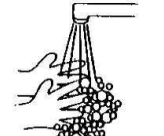
Use Soap

3.



Rub Hands Together

4.



Rinse Soap Off Hands

5.



Dry Hands with Paper Towel

6.



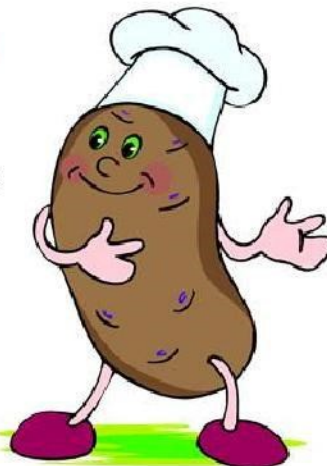
Throw Towel Away

## Stop Germs!

## Healthy Recipe

### Potato Soup

- 1 small chopped onion
- 1 teaspoon margarine
- 2 large chopped potatoes
- 1 shredded carrot
- 1 teaspoon salt
- 1 cup water
- ¼ teaspoon black pepper
- 1 cup low fat milk



1. In a large pot, cook the onions with the margarine until they are soft.
2. Add the potatoes, carrot, salt, and the water.
3. Bring this to a boil. Then cover and cook for 15 minutes.
4. Stir in the milk and the pepper.
5. Simmer until hot.
6. Serve and enjoy!

Bringing you fresh fruits and vegetables where you live, work, and play!



# 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).

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)



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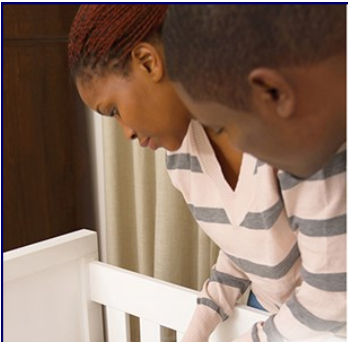
# Healthy Start News

Celebrating Over 15 Years of Syracuse Healthy Start

Volume 8, Issue 4 ■ Fall 2014

## 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 4th Annual Syracuse Stroll, Baby Buggy Walk in the Park on September 20th. After the walk, we had a family fun and fitness fair in Kirk Park. This free event brought our families together for exercise and activities, to receive health information and screenings, and to enjoy a family day in the park. We shared the exciting news about our grant award, which means we are going to be here to continue more great work for another five years! Syracuse Healthy Start also celebrated the launch of a new safe sleep campaign for babies. Thank you to all the families that are helping us spread the word about the ABC's of safe sleep in the community!



**It takes only seconds for a baby to suffocate.**

**Baby sleeps safest**

**A**lone, on his **B**ack, and in a **C**rib.  
**Every time.**



**315-435-2000**  
**[www.onhealthyfamilies.com](http://www.onhealthyfamilies.com)**

Funding for Healthy Start is provided by Health Resources and Services Administration

### Fall 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.

Onondaga County Health Department



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

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.