

# WHAT THE HEALTH!?

## Autism Awareness Month

Autism spectrum disorder (ASD) is a developmental disability that can cause significant social, behavioral and communication challenges. 1 in 68 people are diagnosed with ASD and it is 4 times more common in males than females. It is important to bring awareness of ASD to increase inclusiveness for diagnosed individuals and to be aware that no two individuals will have the same set of symptoms.

### Common Characteristics of Autism:

- ◇ Difficulty interacting with others
- ◇ Avoid eye contact with others
- ◇ Wanting to be alone
- ◇ Repeating actions over and over again
- ◇ Having trouble adapting to routine changes
- ◇ Losing skills that the individual once had
- ◇ Varying levels of difficulty with speech



## STOP LYME. CHECK FOR TICKS!

**What is Lyme Disease?** Lyme disease is caused by the bacteria *Borrelia Burgdorferi* and is transmitted by deer ticks. Ticks pass this along when they bite you to feed off of your blood.

**Symptoms of Lyme Disease Include:** flu-like symptoms and a bull's-eye rash. When left untreated, long-term symptoms may include joint pain, nervous system problems, and disturbances with heart rhythm.

**Prevent Lyme By:** Wearing long sleeves and repellent when walking in the woods and fields. Shower after being outdoors and check for ticks on your body.

**Remove Ticks By:** grabbing close to the head with a pair of tweezers and pulling straight up from your skin.



Contact your doctor immediately if you think you have Lyme disease. It is important to get started on antibiotics right away to prevent long-term complications.

April 2018



## Do your part to help protect the environment!

- 🌍 Use environmentally friendly, non-toxic cleaning supplies
- 🌍 Replace inefficient lightbulbs with energy efficient bulbs
- 🌍 Car pool, ride your bike, drive electric or hybrid vehicles, or walk when possible
- 🌍 Reduce paper use by doing online banking, using cloth towels instead of paper ones, and reading documents online
- 🌍 Reduce waste by using reusable water bottles, travel mugs, and reusable bags
- 🌍 Buy food from local farms or join a food co-op, and try to shop local when possible!
- 🌍 Be mindful of unplugging electronics when not in use and turning off lights
- 🌍 Recycle paper, plastic and glass



**Rabies Vaccination Clinic:**  
April 28th from 2-4pm at  
Hickories Park



**Public Health**  
Prevent. Promote. Protect.  
Tioga County