

# YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News



## Health Literacy Issue

We often talk about the importance of literacy- the ability to read, write, and comprehend what is communicated. You may have also heard of financial literacy- the ability to handle money and make financial decisions. But have you heard of Health Literacy? **Health Literacy is the ability to find, understand, and use health information to make informed decisions.** This issue is dedicated to bringing you tips and best practices every for honing your health literacy to make the best decisions for your health and well-being.

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### A Note from the Nurse's Office:

Following a doctor's orders for taking medication is very important for maintaining one's health and ensuring that the prescribed treatment works as intended. Below is a guide to reading a prescription label and 5 Medication Rules to always follow.

#### How to Read a Prescription Medication Label

Pharmacy name, address, and phone number

000-000-0000

1/5/2013

Date filled

Discard after 12/11/2013

6/5/2013

Number of refills allowed by a certain date

Date medication should no longer be taken

All prescription medication labels include the above information. Your prescription label may have a different format than the one shown. The prescription number (Rx#) is usually printed in the upper left hand corner of the pharmacy label. Become familiar with your prescription medication labels.

#### 5 Medication Rules

1. Follow the doctor's orders as to when and how to take medicine. (AM vs PM, with food vs. empty stomach, etc.). This allows the medicine to work most effectively and may reduce negative interactions.
2. Never share prescription medicine with someone else.
3. Safely store your medicine away from children or pets.
4. Talk to your doctor before stopping or starting any medication.
5. If you have any leftover medication, bring the entire bottle/package to a drop-off location.

Wayne County medication drop off locations:

<https://www.wcphny.com/medication-drop-boxes/>



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## How to Read Nutrition Labels

A huge part of eating well is knowing what's actually in your food. Which, believe it or not, can be tricky to do. Ideally, you'd want to build the majority of your diet around foods without nutrition labels, such as fruits, vegetables, and meat. But for items like rice, whole grains, beans, eggs, and dairy products- it is important to know how to read labels.

**Serving size:** This will show you the nutrition in a single serving and how many servings are in the package. *This is based on what people typically eat in one sitting- not how much a person should eat.* You may eat more or less. Some foods have 2 columns showing one serving and the nutrition info for the whole container.

**Calories:** The amount of calories in a single serving. How many calories you need each day depends on your age, sex, health, size, and activity levels. 2000 calories per day is an average amount needed for adults, but you may need more or less.

**Fats:** The amount and types of fats in each serving of the product. *AVOID Trans fats.* Next month, we will talk more about trans fats!

**Daily value percentages (%DV):** Shows how much of each nutrient is in this food to make up a person's daily allowance of that nutrient. \*These %s are based on a 2,000-calorie-a-day eating pattern. *ADD up all your foods to make sure you're getting less than 100% of each sodium, saturated fats, and sugar in your boxed choices.*

**Ingredient list:** The ingredient list shows the ingredients in this product in descending order of weight. It goes from the most to the least. Here is where you will find what is in your product. Common food preservatives to prevent the product from molding are sodium benzoate, benzoic acid, nitrites, sulfites, sodium sorbate, and potassium sorbate. Any potential allergens will be noted in this area.



## Trusted Healthy Eating Websites

If you are looking for some delicious recipes, culturally diverse meal options, and resources for saving time in the kitchen, saving money at the store, or eating healthier, check out these 3 wonderful websites!

If you have a nutritional question you would like to ask a dietician or if you are looking for a meal plan, consider [EatFresh.org](https://www.eatfresh.org)!

For tips on cooking various fruits and vegetables and finding new recipe ideas for incorporating more produce with lots of flavor for you and your children, check out [FoodHero.org](https://www.foodhero.org).

There are meal planning, budgeting and healthy goal-setting tools that can be printed or copied from [SNAEdNY.org](https://www.snaledny.org) and used to help you save time, save money, and eat healthy!



-Adam Bullock  
SNAP-Ed Nutrition Educator  
Northern Finger Lakes Region

# THE SCIENCE OF VACCINES

## You and Immunity

### BACTERIA AND VIRUSES (ANTIGENS)

These are the intruders that get into your body and make you sick.

Your immune system learns to recognize these intruders and produces special proteins called **antibodies** that lock onto and destroy the intruders.



### TRAIN YOUR IMMUNE SYSTEM

Vaccines use dead or weakened parts of bacteria or viruses (antigens), like proteins, to trick your immune system into thinking there is an intruder in your body. As a result, your immune system creates antibodies to fight off and destroy the antigen.

Once your body knows how to make these antibodies, it stores this information in **memory cells**. If the antigen ever makes its way back into your body, your immune system will know how to swiftly make the antibodies to destroy the intruder quicker.



### VACCINES HELP OTHERS

Vaccines protect individuals and communities. If a high percentage of the population is vaccinated, viruses will have nowhere to go and will not spread. This helps protect those that are more vulnerable, such as young children, senior citizens, and those with weakened immune systems.



### HELP KEEP YOUR CHILD IN SCHOOL

In order to attend school there are certain vaccines your child is required to have. Additionally, vaccinated children miss fewer school days.

**Learn more:**  
[https://www.health.ny.gov/prevention/immunization/schools/school\\_vaccines/](https://www.health.ny.gov/prevention/immunization/schools/school_vaccines/)

**Contact us:**  
 Phone: (315)946-5749  
 Email [wcph@co.wayne.ny.us](mailto:wcph@co.wayne.ny.us)



# A doctor's appointment at the library!

## What is telehealth?

Telehealth is a virtual visit with a medical professional via computer. If you can't get to your doctor easily, don't have internet, or just prefer not to go to an office, this can be a great option for you.

**The Macedon Public Library offers support and equipment for a telehealth visit, including:**  
***Tyto Exam kit (Learn more about Tyto)***  
***Digital Privacy Booth***

To schedule time in the telehealth booth or if you have questions, call:  
 (315) 986-5932 option 3



**MACEDON PUBLIC LIBRARY**  
**30 W MAIN ST,**  
**MACEDON, NY 14502**

***You are invited to the telehealth OpenHouse @ the Macedon Library Friday, April 1st from 5-7pm***