MAJOR TOPICS & OTHER ISSUES

JULY AWARENESS MONTH

1st - 31st Cord Blood 1st - 31st International Group B Strep

1st - 31st Juvenile Arthritis 1st - 31st National Clef & Craniofacial

1st - 31st UV Safety

AUGUST AWARENESS MONTH

1st - 31st Children's Eye Health and Safety 1st - 31st National

immunization 1st - 7th World Breast Feeding

SEPTEMBER **AWARENESS MONTH**

1st - 30th Fruit & Veggies More Matters

1st - 30th Leukemia & Lymphoma

1st - 30th National Alcohol & Drug Addiction Recovery

1st - 30th National Atrial Fibrillation

1st - 30th Cholesterol Education

1st - 30th National ITP

1st - 30th National Pediculosis/Head Lice

1st - 30th Sickle Cell

· 1st - 30th National Yoga 1st -30th Newborn

Screening

1st - 30th Ovarian & Prostate Cancer

1st - 30th Whole Grains 13th Celiac Disease Cancer

15th National School

Backpack

18th - 24th National Farm Safety

18th - 24th National Rehabilitation 18th National HIV/AIDS & Aging

19th Get Ready Day

21st World Alzheimer's Day 23rd - RAINN Day

24th-Family Health &

Fitness Day USA 27th - National Gay Men's HIV/AIDS

28th - National Women's Health & Fitness Day

28th - World Rabies Day 30th - Sport Purple for

Platelets Day WAYS TO PROTECT YOURSELF FROM HEAT

1. Use an air conditioner during a heat wave.

2. If you do not have an air conditioner:

· Go to a cool place like a neighbor's house, library, shopping mall, or NYC Cooling Center

· Keep your windows open to let fresh air in

3. Drink water even if you do not feel thirsty. Avoid drinks with alcohol, caffeine or lots of sugar.

4. Check on your neighbors to make sure they are keeping cool.

5. Stay out of the sun. If you must be in the sun, wear:

A hat to protect your face and head

· Thin, light-colored, loose-fitting clothes to cover as much skin as possible

· Sunscreen (at least SPF 15)

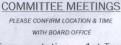
6. Avoid physical activity.



PRIMARY ELECTION DATES

VOTE Tuesday, June 24, 2014 VOTE **Election for Congress Only** Tuesday, September 9, 2014 **WOTE** Election for State Senate, State Assembly, District Leader,

& State Committee



Transportation - 1st Tuesday ? Youth & Education - 1st ? Wednesday ?

Land Use - 1st Monday ? Public Safety - 2nd Thursday Health - 3rd Thursday ?

Parks - 4th Thursday 3

43311 TEXTING

Secretaries de la constitue de

THE CITY PROVIDES NON EMERGENCY INFORMATION TEXTING CUSTOMERS CAN "TEXT" A QUESTION ABOUT CITY SERVICES SHORTCODE 311NYC (311692) AND RECEIVE AN IMMEDIATE RE-SPONSE.

RECOGNIZE THE SYMPTOMS

OF TOO MUCH HEAT

CALL YOUR DOCTOR OR GO TO THE EMERGENCY ROOM RIGHT AWAY IF:

YOU HAVE HEART OR LUNG DIS-EASE AND YOU DO NOT FEEL WELL

 You have symptoms of heat ILLNESS, SUCH AS:

HOT, DRY SKIN OR COLD, CLAMMY

· WEAKNESS

DIZZINESS

NAUSEA OR VOMITING

SHORTNESS OF BREATH OR TROU-BLE BREATHING

CONFUSION, HALLUCINATIONS, DISORIENTATION

> HEAT ILLNESS CAN BE LIFE-THREATENING.

The 2014-15 NYC Public School year will begin on Thursday, September 4, 2014

BLOCK PARTY

According to the Street Activity Permit Office (SAPO):

Block Party - A Block Party is a street activity requiring the closure of a single block of a street, or a portion therof, for a single day intended for a communitybased, not-for profit organization, association, or the like, which has an indigenous relationship to the specific street, community or both.

NATIONAL NIGHT OUT HOSTED BY THE 105TH PCT & COMMUNITY BOARD #13 FREE! FOOD, PLAY GAMES, PRIZES, AMUSEMENTS, GIFTS AND LIVE DJ CABBELL PARK AUGUST 5 2014* 5PM - 9PM 120 AVENUE & FRANCIS LEWIS BLVD

SMOKE-FREE PARKS AND BEACHES

Mayor Bloomberg signed a bill that prohibits smoking within New York City's parks, beaches and pedestrian plazas. By supporting this legislation, we welcome the chance to improve the beauty of the city's public outdoor spaces, and ensure an even healthier and cleaner experience for New Yorkers.

Law's Effective Date May 23, 2011

Public Spaces Covered by the Smoking Ban Smoking will be prohibited in the following areas:

- · All New York City parks except median
- · Beaches and boardwalks
- · Public golf courses
- ·Sports stadium grounds
- ·Pedestrian plazas such as those at Times Square and Herald Square.
- ·Smoking continues to be prohibited in playgrounds, pools and inside stadium

Health Impact

Studies suggest that sitting 3 feet away from a smoker outdoors can expose you to the same level of secondhand smoke as if you were sitting indoors with a smoker. Secondhand smoke can trigger asthma attacks, increase the risk of blood clots and hurt blood vessels. The new law will reduce people's exposure to secondhand smoke outdoors. New Yorkers are exposed to secondhand smoke at higher rates than the national average in fact. 57% of New Yorkers who do not smoke have elevated levels of cotinine in their blood compared to 45% of non-smokers nationally. Cotinine is residue left by exposure to secondhand smoke. There is no known safe level of exposure to secondhand smoke, and smoke-free parks and beaches will help to eliminate a source of secondhand smoke.

