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# QUICK TIPS *for parents* of school-age kids

*It is our goal, as your local Health Department to provide useful information to prevent, promote and protect you and your family's health and wellness.*



## Teen E-cigarette Use

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It's never too early or too late to starting talking with your kids about the harms of e-cigarette use; the more you talk about the harms, the easier it will be to address any misinformation. You don't need to be an expert, but understanding facts about e-cigarettes and the dangers of using them, will help you talk to your child about this important topic. The FDA's Tobacco Resource Library has educational materials and tips for parents.

**How to talk about e-cigarettes with teens**



## Rabies Exposure

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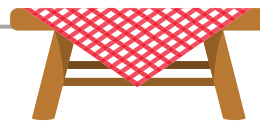
The Environmental Division of the Chautauqua County Health Department is charged with the prevention of human cases of rabies in Chautauqua County. This includes promoting pet rabies vaccinations, investigating potential rabies exposures (animal bites & scratches) that are reported to the Department, and submitting certain animal specimens for rabies testing. We also offer **FREE** rabies vaccination clinics across the county.



**Visit [HealthyCHQ.com](https://HealthyCHQ.com) for more information and to register for the next free rabies vaccination clinic**



## Summer Food Safety



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Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Check out the links below for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

[Safe Summer Guide](#)

**Food Safety Tips**

