PUBLIC SERVICE ANNOUNCEMENTS:
November is Alzheimer’s Disease Awareness Month

30 Seconds:
November is Alzheimer’s Disease Awareness Month, a time to learn more about the most common cause of progressive dementia in the elderly. Alzheimer’s disease affects thought, memory and speech. It’s estimated that 450,000 older New Yorkers suffer from Alzheimer’s disease. And, as the population ages, MORE people will be affected. While there is no cure, there IS help. For more information, visit the State Health Department website at health.ny.gov, or call the (local health agency name) at (telephone number).

20 Seconds:
November is Alzheimer’s Disease Awareness Month, a time to learn more about the most common cause of progressive dementia in the elderly. Alzheimer’s disease affects thought, memory, and speech. While there is no cure, there is help. For more information, visit the State Health Department website at health.ny.gov, or call the (local health agency name) at (telephone number).

10 Seconds:
November is Alzheimer’s Disease Awareness Month. To learn more about Alzheimer’s, call the (local health agency name) at (telephone number).
BROADCAST PUBLIC SERVICE ANNOUNCEMENTS: Controlling Asthma

30 Seconds:
In the past 20 years, the rate of asthma increased 75 percent in the United States. Asthma is the leading chronic illness among young people today. Nationwide, it affects more than five million children under age 18. The (local health agency name) encourages everyone to learn more about asthma and allergies and the triggers that can cause attacks. With the right medical attention and treatment plans, most people can live nearly symptom-free lives. To learn more about asthma, visit the New York State Department of Health website at health.ny.gov.

20 Seconds:
In the past 20 years, the rate of asthma increased 75 percent in the United States. Nationwide, asthma affects more than five million children under age 18. The (local health agency name) says: Learn more about asthma and allergies and the triggers that can cause attacks. With the right medical treatment plans, people with asthma can live nearly symptom-free lives.

10 Seconds:
The (local health agency name) says: Learn more about asthma and allergies and what can trigger attacks. With the right medical treatment plans, people with asthma can live nearly symptom-free lives.
BROADCAST PUBLIC SERVICE ANNOUNCEMENTS
October is Breast Cancer Awareness Month

30 Seconds:
In recognition of Breast Cancer Awareness Month in October, all women are encouraged to talk to their health care providers about breast cancer screening and their personal risk for the disease. Early detection and treatment are so important. And, many women diagnosed with the disease are now living long, healthy lives. For more information about breast cancer, call the (local health agency name) at (telephone number), or visit the New York State Department of Health website at health.ny.gov.

20 Seconds:
In recognition of Breast Cancer Awareness Month in October, all women are encouraged to talk to their health care providers about breast cancer screening and their personal risk for the disease. Early detection and treatment are key. For more information about breast cancer, call the (local health agency name) at (telephone number).

10 Seconds:
The (local health agency name) urges all women: Take some time this October to observe Breast Cancer Awareness Month by scheduling a mammogram. Early detection and treatment are key.
30 Seconds:
Choosing how you will feed your baby is one of the most important decisions you will make as new parents. Today, more and more mothers choose to breastfeed. By breastfeeding, you give your baby security, nourishment and love, all at once! To learn more, visit breastfeedingpartners.org. There, you will find answers to questions about breastfeeding, how to get started, how to avoid problems, going back to work, and more. Breast milk is best for your baby. A public service message from this station and the (local health agency name).

20 Seconds:
Choosing how you will feed your baby is one of the most important decisions you will make as new parents. By breastfeeding, you give your baby security, nourishment and love, all at once! To learn more, visit breastfeedingpartners.org. There, you will find answers to questions about breastfeeding, how to get started and more. A public service message from this station and the (local health agency name).

10 Seconds:
The (local health agency name) says: Choosing how you will feed your baby is one of the most important decisions you will make as new parents. To learn more, visit breastfeedingpartners.org.
BROADCAST PUBLIC SERVICE ANNOUNCEMENTS: Child Passenger Safety

60-Seconds:
Motor vehicle injuries are the leading cause of death among children in the U.S. But the (local health agency name) says many of these deaths can be prevented. Child safety seats reduce the risk of death in passenger cars by 71 percent for infants and 54 percent for toddlers ages one to four years. New York State law requires children under the age of four to be buckled into a federally approved child safety seat when riding in a motor vehicle. The safest place is in the back seat. A certified child passenger safety technician can provide hands-on educational assistance if you have questions or need help installing a child safety seat. To find a child safety seat fitting station or child safety seat check-up event in your area go to safeny.ny.gov.

30-Seconds:
Make sure your child’s safety seat is installed correctly and that you use it every time your child rides in the car. When installing a child safety seat or booster seat, refer to the manufacturer’s instructions that come with the child safety seat and your vehicle owner’s manual. A certified child passenger safety technician can provide hands-on educational assistance if you have questions or need help installing a child safety seat. To find a child safety seat fitting station or child safety seat check-up event in your area go to safeny.ny.gov.

10-Seconds:
New York State law requires children under the age of four to be buckled into a federally approved child safety seat when riding in a motor vehicle. To find a child safety seat fitting station or child safety seat check-up event in your area go to safeny.ny.gov.
PUBLIC SERVICE ANNOUNCEMENTS:
October is Dental Hygiene Month

30 seconds:
October is National Dental Hygiene Month, with the theme “Keep them healthy. Keep them clean.” To keep your teeth healthy, be sure that brushing, flossing, and regular visits to the dentist are part of your routine. All are essential to good health. The (local health agency name) reminds you that oral hygiene is a crucial part of a healthy life. To learn more about activities and clinics during Dental Hygiene Month, call them at (telephone number). That’s (telephone number).

20 seconds:
October is National Dental Hygiene Month, with the theme “Keep them healthy. Keep them clean.” To keep your teeth healthy, make brushing, flossing, and regular visits to the dentist a part of your routine. All are essential to good health. To learn more about activities and clinics during Dental Hygiene Month, call the (local health agency name) at (telephone number).

10 seconds:
The (local health agency name) says: October is National Dental Hygiene Month, and reminds us that good oral care habits can help both your smile and your health.
BROADCAST PUBLIC SERVICE ANNOUNCEMENTS
Diabetes Awareness Month

30 Seconds:
Be aware that people living with diabetes can be asymptomatic, so routine doctor visits are important to screen your blood and be evaluated for risk factors. We can all lower our risk of developing type 2 diabetes by maintaining a healthy weight, eating a well balanced diet, minimizing intake of trans fat and saturated fat, getting regular physical activity and by not smoking. To learn more about diabetes during Diabetes Awareness Month in November, visit the New York State Department of Health website at: health.ny.gov.

20 Seconds:
Be aware that people living with diabetes can be asymptomatic, so routine doctor visits are important to screen your blood and be evaluated for risk factors. We can all lower our risk of developing type 2 diabetes. To learn what you can do during Diabetes Awareness Month in November visit the New York State Department of Health website at health.ny.gov.

10 Seconds:
Be aware that people living with diabetes can be asymptomatic, so routine doctor visits are important to screen your blood and be evaluated for risk factors. Learn more at health.ny.gov.
30 Seconds:
Drunk and drugged driving results in death and injury on the road every day. In fact, last year, nearly 16,000 Americans died in motor vehicle crashes caused by impaired driving. The (county health agency name) reminds everyone that December is Drunk and Drugged Driving Prevention Month. If you're a driver, stay sober. If you're a host, don’t encourage alcohol consumption. Offer non-alcoholic beverages, such as fruit juices or soft drinks. If one of your guests is impaired, drive your guest home, or ask another sober guest to provide a ride. For more information on preventing drunk and drugged driving, call the (county health agency name) at (phone number).

20 Seconds:
Drunk and drugged driving results in death and injury on the road every day. The (county health agency name) says: If you’re a driver, stay sober. If you’re a host, don’t encourage alcohol consumption. Offer non-alcoholic beverages, such as fruit juices or soft drinks. For more information on preventing drunk and drugged driving, call the (county health agency name) at (phone number).

10 Seconds:
December is Drunk and Drugged Driving Prevention Month. The (county health agency name) says: Be a good host. Don’t encourage alcohol consumption, serve non-alcoholic beverages and offer a ride home, if needed.
BROADCAST PUBLIC SERVICE ANNOUNCEMENTS:
November is Epilepsy Awareness Month

30 Seconds:
November is Epilepsy Awareness Month. Epilepsy is one of the most common disorders of the nervous system. Epilepsy is a brain disorder that can cause seizures which may vary from a brief episode of unconsciousness or staring to convulsions. Seizures can happen randomly and unpredictably. If you are around someone having an epileptic seizure, it is important to stay calm and keep the person safe until the seizure stops naturally by itself. Do not try to force the mouth open with your fingers. It is not true that a person having a seizure can swallow his tongue. For more information call the (local health agency name) at (telephone number).

20-Seconds:
November is Epilepsy Awareness Month. Epilepsy is one of the most common disorders of the nervous system. Seizures may vary from short periods of unconsciousness or staring spells to convulsions. If you are around someone having an epileptic seizure, stay calm and keep the person safe until the seizure stops naturally by itself. Do not try to force the mouth open with your fingers. To learn more, call the (local health agency name) at (telephone number).

10-Seconds:
November is Epilepsy Awareness Month. The (local health agency name) says: If you witness an epileptic seizure, the most important thing for you to do is stay calm and keep the person safe until the seizure stops.
BROADCAST PUBLIC SERVICE ANNOUNCEMENTS:
October is Eye Injury Prevention Month

30 Seconds:
October is Eye Injury Prevention Month. You may be surprised to learn that many eye injuries occur around the home, or while playing sports. So always use appropriate eye protection, even for routine household tasks that can put your eyes at risk. Protective gear can save your vision. To learn more about eye injury prevention, call the (local health agency name) at [telephone number]. That’s [telephone number].

20 Seconds:
October is Eye Injury Prevention Month. Always use appropriate eye protection, even for routine household tasks and sports that can put your eyes at risk. Protective gear can save your vision. To learn more about eye injury prevention, call the (local health agency name) at [telephone number].

10 Seconds:
The (local health agency name) says: October is Eye Injury Prevention Month. Appropriate eye protection can save your vision in the event of an incident.
BROADCAST PUBLIC SERVICE ANNOUNCEMENTS: Halloween Safety

30 Seconds:
Don’t get spooked over Halloween. Follow these safety tips, and have a fun evening. Dress children in snug-fitting masks with large eyeholes and highly visible, flame-resistant costumes. Provide them with sturdy, flat shoes and soft, flexible accessories. Never let children under age 12 trick-or-treat alone, and give each one their own flashlight. When you’re handing out treats, keep your property well-lit and free of items that could cause someone to trip. Instead of candy, consider giving away stickers, trading cards, crayons or pretzels. Remind your kids to not eat any treats until you inspect them. And, when in doubt, throw it out! A message from the (county health agency name).

20 Seconds:
Don’t get spooked over Halloween. Follow these safety tips, and have a fun evening. Dress children in snug-fitting masks with large eyeholes and highly visible, flame-resistant costumes. Never let children under age 12 trick-or-treat alone. And, remind your children not to eat any treats until you inspect them. A message from the (county health agency name).

10 Seconds:
This Halloween, stay safe and stay visible. Have your child carry a flashlight when trick-or-treating. For more safety tips, call the (county health agency name) at (phone number).
30 Seconds:
Eating out can be one of life’s great pleasures, but it shouldn’t be a dangerous pleasure.
The (local health agency name) says: Make your next dining experience a healthy one by asking your server about calories, fat and cholesterol. Breaded, batter-dipped and tempura all mean fried food, which is heavy in fat. Look instead for lower-fat steamed or broiled. Avoid trans fat in baked good goods and fried foods. Trans fat increases the risk of heart disease by raising your cholesterol level. To learn more about healthy nutrition, visit the New York State Department of Health web site at health.ny.gov

20 Seconds:
Eating out can be one of life’s great pleasures, but it shouldn’t be a dangerous pleasure.
The (local health agency name) says: Make your next dining experience a healthy one by controlling calories and unhealthy fat and cholesterol. Breaded, batter-dipped and tempura all mean fried food, which is heavy in fat. Look instead for lower-fat steamed or broiled. To learn more about healthy nutrition, visit the New York State Department of Health web site at health.ny.gov

10 Seconds:
The (local health agency name) says: Make your next dining experience a healthy one. Instead of fried, ask for broiled or steamed. And ask your server about the fat, cholesterol and trans fat in menu items.
PUBLIC SERVICE ANNOUNCEMENTS:  Lead and Toy Safety

30 Second:
Although dust from lead-based paint is still the number one cause of childhood lead poisoning, children may also be exposed to lead from their toys. Some imported and antique toys and collectibles may place children at risk for lead exposure. If you suspect that your child has a toy containing lead, remove the toy immediately. Children should never be allowed to play with recalled toys. For more information about lead and toy safety or recall notices, call the (local health agency name) at (telephone number), or visit the New York State Department of Health website at health.ny.gov.

20 Seconds:
Although dust from lead-based paint is still the number one cause of childhood lead poisoning, children may also be exposed to lead from their toys. The (local health agency name) warns: Some imported and antique toys and collectibles may place children at risk for lead exposure. For more information about lead and toy safety or recall notices, visit the New York State Department of Health website at health.ny.gov.

10 Seconds:
The (local health agency name) warns: It’s possible that children may be exposed to lead from their toys. To learn about recall notices, visit the New York State Department of Health website at health.ny.gov.
30 Seconds:

The (local health agency name) says: Be ready if an emergency disrupts your life. Have a plan in place to protect your family before a disaster happens. By using community resources, information from the Internet, your family can develop an effective emergency plan that gives you peace of mind without a big price tag. Add an entry called “ICE,” for “In Case of Emergency,” to your cell phone contact list. This number should dial the family member who can respond to medical decisions if you are injured or unconscious. For more preparedness tips visit www.nyhealth.gov, ready.gov or www.redcross.org.

20 Seconds:

The (local health agency name) recommends: Have a plan in place to protect your family before a disaster happens. Add an entry called “ICE,” for “In Case of Emergency,” to your cell phone contact list. Attend emergency preparedness events, including fairs, exhibits, first aid training, and children’s photo identification programs. For more preparedness tips visit www.nyhealth.gov, ready.gov or www.redcross.org.

10 Seconds:

The (local health agency name) says: Have a plan in place to protect your family before a disaster happens. Begin by adding an entry called “ICE,” for “In Case of Emergency,” to your cell phone contact list.
BROADCAST PUBLIC SERVICE ANNOUNCEMENTS: Healthy Pregnancy

30 Seconds:
Are you pregnant or thinking about getting pregnant? Getting prenatal care early can help you and your unborn baby stay healthy. The (local health agency name) reminds you that when you are pregnant, you should be in the best possible health. Take a daily multivitamin, stop smoking, stop drinking alcohol and talk to a health care provider about any medications you are taking. The New York State Department of Health’s prenatal care program offers free services to eligible women, including medical check-ups and health care for your baby for at least the first year. To learn more, call the Growing up Healthy Hotline at 1-800-522-5006

20 Seconds:
Are you pregnant or thinking about getting pregnant? The (local health agency name) reminds you that getting prenatal care early can help you and your unborn baby stay healthy. The New York State Department of Health’s prenatal care program offers free services to eligible women, including medical check-ups and health care for your baby for at least the first year. To learn more, call the Growing up Healthy Hotline at 1-800-522-5006

10 Seconds:
If you are pregnant help is available. To learn about free services, including health care, call the New York State Department of Health Growing Up Healthy Hotline at 1-800-522-5006.
BROADCAST PUBLIC SERVICE ANNOUNCEMENTS:
October is SIDS Awareness Month

30 Seconds:
The safest way for babies to sleep is on their backs. This lowers their risk of dying from
Sudden Infant Death Syndrome commonly called SIDS. Babies are at risk of SIDS from
one month to one year of age. You can reduce your babies risk of SIDS by room-sharing
without bed sharing; keeping the baby from overheating; don’t let anyone smoke near
your baby; and, removing quilts, pillows and stuffed toys from the crib while your baby
sleeps. Make sure your baby gets all his or her shots. To learn more about SIDS, call the
(local health agency name) at (telephone number).

20 Seconds:
Always place your baby on his or her back to sleep. This lowers the risk of your baby
dying from Sudden Infant Death Syndrome. Other ways to reduce your babies risk is to
room-sharing without bed sharing; keeping the baby from overheating; don’t let anyone
smoke near your baby; and, remove quilts, pillows and stuffed toys from the crib. For
more information, call the (local health agency name) at (telephone number).

10 Seconds:
Lower your baby’s risk of Sudden Infant Death Syndrome. Always place your baby on
his or her back to sleep. To learn more, call the (local health agency name) at (telephone
number).
BROADCAST PUBLIC SERVICE ANNOUNCEMENTS:
Great American Smokeout

30 Seconds:
Do you smoke cigarettes? Want to quit? Join others across the state and country on the third Thursday of November, when the Great American Smokeout takes place. This annual event challenges smokers like you to not smoke for 24 hours. The (local health agency name) says: One day of not smoking may motivate you to quit forever. If you quit, you will breathe easier, have more energy and lower your risk for a heart attack. For free help quitting, call the New York State Smokers’ Quitline at 1-866-NYQUITS (1-866-697-8487).

20 Seconds:
Do you smoke and want to quit? Join others across the state and country on the third Thursday of November for the Great American Smokeout. This annual event challenges cigarette smokers to quit for 24 hours. The (local agency name) says: One day of not smoking may motivate you to quit forever. For free help quitting smoking, call the New York State Smokers’ Quitline at 1-866-NYQUITS (1-866-697-8487).

10 Seconds:
Want to quit smoking? The Great American Smokeout on the third Thursday of November is a perfect time. Start with free help from the New York State Smokers’ Quitline at 1-866-NYQUITS (1-866-697-8487).
RADIO PUBLIC SERVICE ANNOUNCEMENTS:
STD and HIV Prevention and Screening

30 Seconds:
The most effective way to treat and prevent sexually transmitted diseases begins with screening. Screening is testing for a disease in someone who doesn't have symptoms. For many New Yorkers, STD screening is a part of routine health care. With improved testing and treatment, most people can avoid the long-term consequences of STDs. For more information on STDs and access to screening near you, call the (local health agency name) at (telephone number). That’s (telephone number).

20 Seconds:
The most effective way to treat and prevent sexually transmitted diseases begins with screening. With improved testing and treatment, most people can avoid the long-term consequences of STDs. For more information on STDs and access to screening near you, call the (local health agency name) at (telephone number). That’s (telephone number).

10 Seconds:
Screening and testing are the most effective ways to treat and prevent sexually transmitted diseases. To learn more, call the (health agency name) at (telephone number).
BROADCAST PUBLIC SERVICE ANNOUNCEMENTS: Keep Tech Ready for Emergencies

30 Seconds:
Did you know that your cell phone can turn into your most important tool during an emergency? It can act as a flashlight, turn into a digital map, give your first aid information, and keep you in contact with family and friends. Search for apps today and be ready for emergencies. This message is from the (local health agency name).

20 Seconds:
Did you know that your cell phone can turn into your most important tool during an emergency? It can act as a flashlight, turn into a digital map and keep you connected to loved ones. Learn about your phone today!

10 Seconds:
You cell phone can be your most important emergency tool. Learn more by calling the (local health agency name) at (telephone number).
BROADCAST PUBLIC SERVICE ANNOUNCEMENTS: Prepare for Winter Floods

30 Seconds:
Flooding is the most common natural disaster in the United States. Floods are a year-round hazard and risks associated with flooding don’t end when the cold weather begins. Know the flood risks associated with winter weather in your area. Prepare now with an emergency supply kit and have a plan in case of evacuation. Visit the State Health Department website at health.ny.gov for helpful tips on how to prepare for the risks to lives and property associated with flooding.

20 Seconds:
Flooding is the most common natural disaster in the United States. Know the flood risks associated with winter weather in your area. Prepare now with an emergency supply kit and have a plan in case of evacuation. Visit the State Health Department website at health.ny.gov for helpful tips on how to prepare for the risks to lives and property associated with flooding.

10 Seconds:
Flooding is the most common natural disaster in the United States. Know the flood risks associated with winter weather in your area. Visit health.ny.gov for helpful tips on protecting lives and property.
BROADCAST PUBLIC SERVICE ANNOUNCEMENTS:
Workplace Emergency Plans

30 Seconds:

Because many people spend most of their day at their job, it makes sense to be prepared if an emergency happens when you are at work. Develop a workplace emergency plan today. Include how you will care for your health and medical needs, as well as personal concerns, such as how you will communicate with your family if you are separated from each other. If you have a disability, prearrange for help during building evacuations. For more information, call the (local health agency name) at (telephone number).

20 Seconds:

Since many people spend most of their day at their job, it makes sense to be prepared if an emergency happens when you are at work. Develop a workplace emergency plan today. In it, include how you will care for your health and medical needs, as well as communicate with your family. For more information, call the (local health agency name) at (telephone number).

10 Seconds:

Learn how to prepare for workplace emergencies! Start with a workplace emergency plan. Call the (local health agency name) today at (telephone number).