

Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

Dating when you have...

FOOD ALLERGIES

Going on a first date can be stressful for a variety of reasons. Maybe you have trouble finding the perfect outfit that represents you, or it could be picking the right location, or maybe you have no idea what you want to talk about once you get there? Everything leading up to the moment you meet can leave your stomach-turning, and none of this is made any easier if you suffer from a food allergy. Food allergies are common, manageable, and nothing to be worried about, but they can be serious. That is why if you have any food allergies you should do the following:

Make sure you are letting the opposite party know about your food allergy.

It is important to keep those lines of communication open because you do not want a potential exposure to the food you are allergic to. The last thing you want is to go in for the end of the night kiss and end up going into anaphylactic shock because your dates kissing you with residues of the food you are allergic to on their lips.

Pick a restaurant that serves foods that are safe for you to consume.

Having control of where you will eat can help decrease the chances of you being exposed to the foods that give you an allergic reaction. On the other hand, maybe try meeting up for a walk through the park as the first date, no food equals no allergic reaction.



“Phone, keys, wallet... what else am I forgetting???? Oh yea, my EpiPen”

If you have a food allergy and suffer from severe allergic reactions it may be a good idea to keep one of your epi-pens on your person while you go out on your date. That way if you have exposure to a food allergen and go into anaphylactic shock you will have your epi-pen on your person and ready to use in case of an emergency. Remember, dating with food allergies may seem difficult but it is not impossible. Just make sure to communicate with your partner and to be upfront about all allergies. If you want more tips on how to date while managing a food allergy feel free to reach out to someone on the Reproductive Health Team and they would be more than happy to answer your questions.



Partner SPOTLIGHT:



Penn Yan Public Library

Helping improve the resilience and health of patrons is one of Penn Yan Public Library's goals, and to support that it offers wellness programming as diverse as "Mindfulness Mondays" posts on social media, Story Walks on the Keuka Outlet Trail, virtual healthy cooking classes, and an annual Books & Bikes Festival for local youth. For more information about the library, visit www.pypl.org

Locations:

Bath

Community Health

117 E. Steuben St
Bath, NY 14810
(607) 776-3063

Geneva

Community Health

601B Washington St
Geneva, NY 14456
(315) 781-8448

Newark

Community Health

513 W. Union St
Newark, NY 14513
(315) 573-7577

Ovid

Community Health

7150 N. Main Street
Ovid, NY 14521
(607) 403-0065

Penn Yan

Community Health

112 Kimball Ave
Penn Yan, NY 14527
(315) 536-2752

Port Byron

Community Health

60 Main St
Port Byron, NY 13140
(315) 776-9700

Sodus

Community Health

6341 Ridge Rodd
Sodus, NY 14551
(315) 483-1199

Call the FLCH office
nearest you for all
your medical, dental,
reproductive and
behavioral health needs.

For more details visit:

www.LocalCommunityHealth.com

Teens & Pregnancy

FLCH can help.



We are happy to report that the rates of teen pregnancy are currently at their lowest in the United States. However, even though the rates of teen pregnancy have gone down significantly over the years, thanks to more comprehensive health education and easier access to birth control, there is still much work to do to ensure that all teens and young adults know their rights and have access to affordable and comprehensible reproductive healthcare. At Finger Lakes Community Health, we are dedicated to making this happen because we understand the importance of choosing if or when you decide to start a family. The Family Planning Benefits Program allows us to offer reproductive healthcare services to youth starting at the age of twelve at low costs or no cost to the patient. This means teens have access to birth control, emergency contraception, STI testing and treatment, pregnancy tests and counseling, and much more all in their community, confidentially and affordably. Finger Lakes Community Health will continue supporting the youth of today, so they can become the adults of tomorrow.



Finger Lakes Community Health (FLCH) has (7) health centers across the region.
We are here for your medical, dental, behavioral and reproductive health needs!

Safe Sex Kits



Planning to have **sexual fun** this season?
Stay safe with a **FREE "Safe Sex Kit"**
from Finger Lakes Community Health.

You can ask for them at our health
centers, or Finger Lakes residents can
request to have one mailed to them
for free by visiting:

www.tinyurl.com/safekits

 **Finger Lakes**
COMMUNITY HEALTH

★ **Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more?**

For more information visit, www.LocalCommunityHealth.com or

call us today to schedule at (315) 787-8132.

Follow us on TWITTER at **FLCHFPED!**