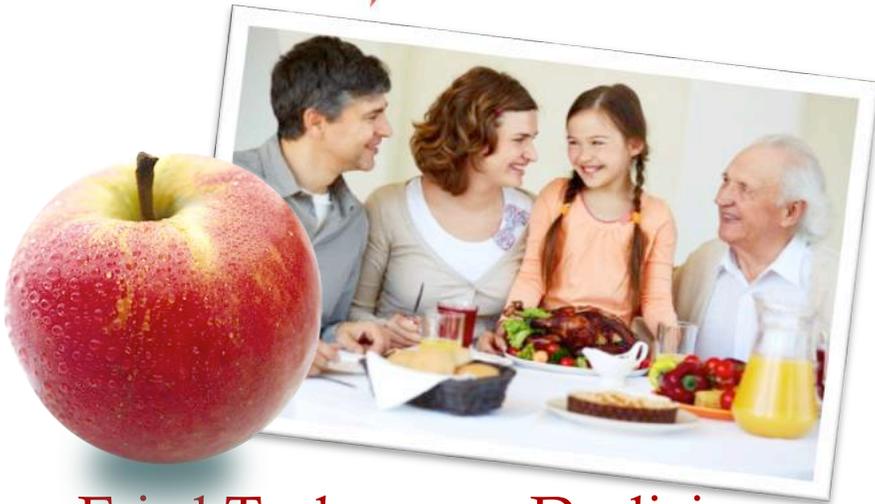


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the

Health Source

A newsletter from the Freehold Area Health Department in collaboration with the Monmouth Public Health Consortium (MPHC)*



Fried Turkeys are Delicious...

...but every year more than a thousand fires are started nationwide by deep-frying accidents. Most of those fires happen on Thanksgiving Day because of the popularity of deep-fried turkey.

The Monmouth Public Health Consortium (MPHC) reminds residents that cooking a turkey in a vat of boiling oil requires extra-special care. While the point of the holiday is to be thankful, being safe is just as important.

Continued on page 4

Get Ready for Flu Season!

Flu season is here!

Protect yourself and your family this season with an annual flu vaccine for everyone in your family ages 6 months and older.

While the timing of flu season is unpredictable, seasonal flu activity can begin as early as October and last as late as May. The Centers for Disease Control and Prevention recommends that, if possible, people get vaccinated by the end of October. It takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection.

You have the power to protect your family against flu this season. Get yourself and your family a flu vaccine. Fight the flu!

Learn more at:
www.cdc.gov/fightflu

Save the Date!

National Diabetes Month
November

Brings awareness to the day to day struggles with diabetes.

Great American Smokeout
November 17

Encourages smokers to quit or to use the day to make a quit plan.

National Influenza Vaccination Week
December 6-12

Campaign to decrease the number of flu cases and deaths from flu illness.

Five Ways to Get Ready to Quit Smoking for Your New Year's Resolution



Quitting smoking can be hard, so a good plan can help you get past symptoms of withdrawal. These five steps can help.

Set a quit date (Maybe...Jan. 1, 2017?).

It seems it is never a good time to quit smoking. Choosing a date gives you some time to prepare. Put it on your calendar and follow through.

Tell your family and friends.

Share your quit date with the important people in your life and ask for support. A daily phone call, e-mail, or text message can help you stay on course and provide moral support. Try SmokefreeTEXT for 24/7 help on your mobile phone. Or call the New Jersey Quitline at 1-866-657-8677.

Be prepared for challenges.

The urge to smoke is short—usually only 3 to 5 minutes. Surprised? Those moments can feel intense. Even one puff can feed a craving and make it stronger. Before your quit day, write down healthy ways to cope, some suggestions are:

- Drink water.
- Take a walk or ride your bike.
- Listen to a favorite song or play a game.
- Call or text a friend.



Remove cigarettes and other tobacco from your home, car, and workplace.

Throw away your cigarettes, matches, lighters, and ashtrays. Clean and freshen your car, home, and workplace. Old cigarette odors can cause cravings.

Talk to your pharmacist, doctor, or Quitline coach about quit options.

Nicotine patches, gum, other approved quit medication can help with cravings. Talk to the experts to see if any are right for you.



**NEW JERSEY
QUITLINE**

For more information about how to quit smoking visit njquitline.org or call 1-866-NJSTOPS (1-866-657-8677).



Prevent Rabies in Your Pets



Pets are an important part of many families. Unfortunately, like our other family members, they can get sick too, and occasionally they can get us sick. Thankfully there are vaccines that prevent illnesses in adults and animals. The most common exposure to rabies in humans is from uncontrolled rabies in dogs. Children are often at greatest risk from rabies, with half of those who die from rabies under the age of 15. Getting your dog or cat vaccinated can prevent rabies in your pets, family, and friends.

Regardless of the age of the animal at initial vaccination, a booster vaccination should be administered one year later. An animal is considered currently vaccinated and immunized if the initial vaccination was administered at least 28 days previously or booster vaccinations have been administered in accordance with recommendations.

An up-to-date dog rabies vaccination is a legal requirement. Be sure to keep proof of your dog or cat's rabies vaccines with their medical records; you will need them when it comes time to renew your dog or cat license. For more information about rabies visit mcrhc.org.

Public Health Consortium*		Rabies Clinics	
Monday Nov. 14, 2016 7:00 pm – 8:00 pm	West Long Branch Borough Chemical & Truck Co. #1 379 Monmouth Road		
Wednesday Nov. 16, 2016 7:00 pm – 8:00 pm	Little Silver Firehouse 543 Prospect Avenue		
Thursday Nov. 17, 2016 7:00 pm – 8:00 pm	Highlands Municipal Building 171 Bay Avenue		
Saturday Nov. 19, 2016 10:00 am – 11:30 am	Shrewsbury Hose Company No. 1 783 Broad Street		
Saturday Jan. 7, 2017 9:00 am – 12:00 pm	Long Branch Firehouse 205 Union Avenue		
Saturday Jan. 7, 2017 10:00 am – 12 noon	Tinton Falls Municipal Complex DPW Building 556 Tinton Avenue		
Tuesday Jan. 10, 2017 7:00 pm – 8:00 pm	Brielle Fire Hall 509 Longstreet Avenue		
Saturday Jan. 21, 2017 8:00 am – 11:00 am	Michael J. Tighe Park (formerly Liberty Oak Park) 65 Georgia Road, Freehold		

Sponsored by:

- Colts Neck Health Department (732-462-5470)
- Long Branch Health Department (732-571-5665)
- Middletown Health Department
- Freehold Area Health Department (732-294-2060)
- Manalapan Health Department (732-446-8345)
- Monmouth County Regional Health Commission (732-493-9520)

**Rabies clinics are offered to all NJ residents. Contact sponsoring health department for details.
Call your local health department if not listed, they may have an upcoming event.**

...Fried Turkeys (continued)

Defrost a Frozen Turkey Before Frying

Frozen turkeys are full of moisture and we all know that water and hot oil don't mix well, so make sure your turkey is completely thawed out before trying to fry it. Depending on the size of the turkey it could take up to 3 or 4 days in your refrigerator for a frozen solid turkey to be ready to go in the fryer.

Use the Right Amount of Oil

A common, and potentially disastrous mistake people make is putting too much cooking oil in their pot. To determine out how much oil is needed, try putting your turkey in the empty cooking pot, filling it up with enough water to cover it, take the turkey out, dry the turkey and then mark the top of the water line to know how much oil your turkey will need.



Place Turkey in Hot Oil, But Not Too Hot

When oil gets around 400-425-degrees it can catch on fire by itself. Make sure you have a thermometer and are watching the temperature very carefully. If oil starts smoking, it's too hot. You need to lower the heat. Most oils should stay around 350-degrees; check the label to see what the exact temperature limit is for your oil.

Deep-Fry Outside!

Don't deep-fry indoors! If something does go wrong, the inside of your home is the last place you want flames shooting up in the air. If you're going to deep-fry a turkey this Thanksgiving, do it out in your yard away from anything that's flammable that could catch on fire. Do not try it in your garage or on your wooden deck.

For more home fire safety tips, contact our partners at your local fire department. Or visit:

www.usfa.fema.gov/prevention/outreach/cooking.html

LEARN CONCUSSION SIGNS AND SYMPTOMS

SEE FULL LIST OF SYMPTOMS @ www.cdc.gov/Concussion

- Headache
- Dizziness
- Blurred Vision
- Difficulty Thinking Clearly
- Sensitivity to Noise & Light

How Can I Spot a Possible Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth.

Signs Observed by Parents or Coaches

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can't recall events prior to or after a hit or fall.



Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Stay Current!

Want to get all the latest public health news and alerts.
Visit our website at <http://twp.freehold.nj.us/health>.



The Freehold Area Health Department

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Freehold, New Jersey 07728-3099
732-294-2060

*The following local health departments form the Monmouth Public Health Consortium:

Colts Neck - Thomas Frank, HO
Freehold - Margaret Jahn, HO
Long Branch – Sidney Johnson, HO
Manalapan - W. David Richardson, HO
Middletown – Rich DeBenedetto, Health Director
Monmouth County Regional Health Commission – David Henry, HO