

# the Health Source

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

## Have You Gotten Your Flu Shot Yet?

It's not too late, the flu season is still upon us! By getting a flu vaccine for yourself and your entire family every year, you can help prevent flu-related illness, missed school and missed work.

Protect yourself and your loved ones, see your doctor or visit a local pharmacy for your flu shot. It doesn't get easier than that. If you have any questions give us a call at 732-294-2060.



## Your Heart Health

**There is a national effort to prevent 1 million heart attacks and strokes in the United States by 2017—by encouraging Americans to know their blood pressure, and if it's high, to focus on controlling this all too important reading.**

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and drugstores or even check it yourself at home, using a home blood pressure monitor.

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## Health Observances

### January is Blood Donor Month

Blood donations help millions of patients in need. Visit [redcrossblood.org](http://redcrossblood.org) to schedule your appointment.

### February is Cancer Prevention Month

Did you know that eating healthy and exercising regularly helps prevent cancer? Find out more at [cancer.gov](http://cancer.gov)

### National Poison Prevention Week

**March 15 – 21**  
Most non-fatal poisonings occur in children six years or younger.





## Cold Weather Dangers

Winter has finally arrived!! Too much exposure to the cold – or exposure to “too much” cold – can be hazardous to your health. Become familiar with these cold-related illnesses.

### Hypothermia

Exposure to very cold temperatures even for a short time can lower your body temperature to dangerous levels. Infants, very young children and the elderly living in homes heated below 65°F are also at risk. Violent shivering is an early warning sign as the body tries to warm itself. Although the shivering will stop as the body temperature continues to drop, watch for drowsiness, confusion or altered speech.

#### SEEK MEDICAL ATTENTION

**IMMEDIATELY:** Keep person warm and dry while awaiting help and slowly give warm liquids to drink, if conscious.

### Frostbite

Frostbite is tissue injury due to freezing. Look for a change in skin color, density (whether it feels hard or soft to touch) and sensation (burning or numbness). It most often affects the nose, ears, cheeks, chin, fingers, or toes. Gently re-warm the affected area with warm water: **DO NOT** rub affected area or use dry heat (heat lamp).

### Time Limits

Set time limits for outdoor play. Have children “check in” after a half hour outside. Make sure clothing, mittens and socks are still dry. When in doubt, bring them inside for a snack.

### Understand Wind Chill

The Wind Chill index is the temperature your body feels when the air temperature is combined with the wind speed. It is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the speed of the wind increases, it can carry heat away from your body much more quickly, causing skin temperature to drop. When there are high winds, serious weather-related health problems are more likely, even when temperatures are only cool.



The **Wind Chill Chart** below shows the difference between actual air temperature and perceived temperature, and amount of time until frostbite occurs.

Wind Speed (mph)	Actual Air Temperature °F				
	40°	30°	20°	10°	0°
10	34	21	9	-4	-16
20	30	17	4	-9	-22
30	28	15	1	-12	-26
40	27	13	-1	-15	-29
50	26	12	-3	-17	-31
60	25	10	-4	-19	-33

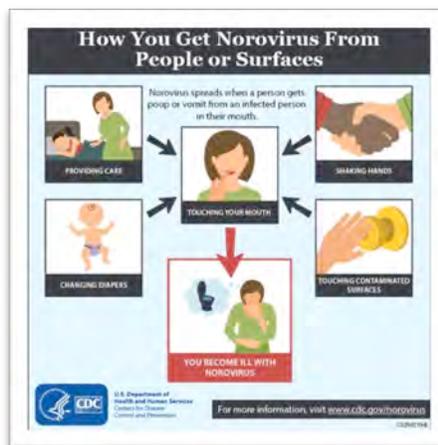
#### Frostbite Times

30 minutes	10 minutes
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## What's that?: Norovirus

Noroviruses are the most common cause of acute gastroenteritis (infection of the stomach and intestines) in the United States. It's not really a food poisoning per se, as the food is usually cross-contaminated from ill food handlers who do not appropriately wash their hands. Norovirus illness spreads VERY easily and is often called stomach flu.

Proper and thorough hand-washing is the best way to reduce contamination and the spread of the illness. Wash hands frequently with soap and running water for at least 20 seconds, particularly after using the bathroom and before preparing food. Hand sanitizers do not work.



Those that have Norovirus should not return to work or school until symptom-free for at least 48 to 72 hours. At home, someone suffering from norovirus should not

prepare food for other family members and should not handle their dishes, silverware, etc.

If someone vomits or has diarrhea, proper cleaning procedures must be performed. Norovirus is very hardy, and basically is only killed by highly concentrated bleach/water solution or steam. We also recommend discarding exposed toothbrushes.

## Kick Butts Day! March 16, 2016

We have made great strides in the fight against tobacco. But every day, more than 3,000 kids under 18 try smoking for the first time and 700 kids become new regular, daily smokers. Tobacco use is still the leading cause of preventable death in the U.S., killing more than 480,000 people every year.

By getting involved in Kick Butts Day and other activities, America's youth can raise awareness about the tobacco problem, encourage peers to be tobacco-free and support effective solutions to reduce tobacco use.

Let us know if you are involved in any Kick Butts Day events. Visit [kickbuttsday.org](http://kickbuttsday.org) for more information.

## Resources

The resources listed below are not endorsed by the Health Department, but may contain useful information for you and your family to stay healthy.

American Red Cross  
[www.redcross.org](http://www.redcross.org)

Child Safety Information  
[www.safekids.org](http://www.safekids.org)

Mayo Clinic  
[www.mayoclinic.com](http://www.mayoclinic.com)

Centers for Disease Control & Prevention  
[www.cdc.gov](http://www.cdc.gov)

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

Healthfinder  
[www.healthfinder.gov](http://www.healthfinder.gov)

Food Safety  
[www.foodsafety.gov](http://www.foodsafety.gov)

American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

## Your Heart Health, continued



Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.

### Make Blood Pressure Control *Your* Goal

If you know you have high blood pressure, take these steps to help get it under control:

- Ask your doctor what your blood pressure should be.
- Take your blood pressure medicine as directed.
- Quit smoking—and if you don't smoke, don't start.
- Reduce your sodium intake.

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## Anyone Can Get Ringworm

Ringworm is a common skin infection that is caused by a fungus. It's called "ringworm" because it can cause a circular rash (shaped like a ring) that is usually red and itchy. Anyone can get ringworm. The fungi that cause this infection can live on skin, surfaces, and on household items such as clothing, towels, and bedding. Ringworm can affect skin on almost any part of the body as well as fingernails and toenails.

### How can I prevent ringworm?

- Wear shoes that allow air to circulate freely around your feet.
- Change your socks once a day.
- Don't walk barefoot in areas like locker rooms or public showers.
- Clip your fingernails and toenails short and keep them clean.
- Don't share clothing, towels, sheets, or other personal items with someone who has ringworm.
- Wash your hands with soap and running water after playing with pets. If you suspect that your pet has ringworm, take it to see a veterinarian.



### There's a ringworm outbreak in my child's school/daycare center. What should I do?

- Take your child to see a pediatrician if he or she develops ringworm symptoms such as itchy skin; ring-shaped rash; red, scaly, cracked skin; and hair loss or call your local health department for more information.
- Tell your child not to share personal items, such as clothing, hairbrushes, and hats, with other people.
- Check with your child's school or daycare to see if he or she can still attend classes or participate in athletics.

## Foodborne Illnesses or Food Poisoning?

Foodborne illness (sometimes called "foodborne disease" or "food poisoning") is a common, costly—yet preventable—public health problem. Each year, 1 in 6 Americans gets sick by consuming contaminated foods or beverages. Many different disease-causing microbes, or pathogens, can contaminate foods, so there are many different foodborne infections. In addition, poisonous chemicals, or other harmful substances can cause foodborne diseases if they are present in food.

Many cases of food poisoning are mistaken for a 24 hour “stomach flu”. Diarrhea, vomiting and abdominal pain are the most common symptoms of food poisoning. Dehydration can be a danger if fluids are not replaced. Slowly sip lots of clear liquids or a prepared Oral Rehydration Solution like *Pedialyte*.



In case of a suspected foodborne illness, follow these general guidelines:

### Preserve the evidence

If a portion of the suspected food is available, wrap it securely, label “DANGER”, freeze it and save all the packaging materials. Write down the food type, date and time consumed, and when the onset of symptoms occurred. Save any identical unopened products.

### Seek treatment as necessary

If the victim is in an “at risk” group, seek medical care immediately. Not many individuals self-medicate with non-prescription antidiarrheal, such as *Pepto Bismol*. While this is acceptable for mild, self-limited cases, consult with your doctor if symptoms are persistent or severe (bloody diarrhea, excessive nausea and vomiting or high temperature).



### Call your local health department

Most foodborne outbreaks are local events. If the suspect food was served at a large gathering, from a restaurant or other food service facility, or if it is a commercial product reporting it will help prevent other cases. Call the Freehold Area Health Department at 732-294-2060.

For more information visit [foodsafety.gov](http://foodsafety.gov).

## Nutrition Notes: Snacks

**Snacks can be tasty and healthy.** Make your own trail mix by combining flavors that you like. From sweet to savory, there are thousands of combinations to appeal to any palate or snack craving. Combine any favorite (dry) ingredients and stash the mix in an airtight container in a cool, dry location to prevent spoilage, and you're good to go.

Everyone has their own nutritional and taste-related needs, so we listed these mix ideas without set ratios or measurements. There are no rules for trail mix—combine whatever sounds good!



**Simple:** Almonds, dried cherries, dark chocolate chips, sea salt, cinnamon.

**Tropical Mix:** Cashews, Brazil nuts, dried mango, coconut flakes, banana chips.

**Savory Seeds:** Almonds, pumpkin seeds, sunflower seeds, garlic powder, onion powder, cayenne pepper.

**Raw Energy:** Walnuts, pumpkin seeds, sunflower seeds, cinnamon, nutmeg, sea salt, dried apricots, dried cranberries.

**Monkey Munch:** Banana chips, peanuts, sea salt, almonds, dark chocolate chips, raisins, coconut flakes.

**Movie Night:** Popcorn, peanuts, M&Ms, dried cranberries.

HAPPY SNACKING!!

## Health Officer Corner

A Message from Margy Jahn

Happy New Year!

The beginning of every year seems to be the ideal time to make improvements in our lives. Perhaps you have made one or more resolutions and find yourself already struggling to sustain your newfound goals. Whether you have resolved to increase your physical activity, eat healthier, sleep more, relax or whatever, remember that changing behavior is not easy.

In public health, we always give advice on how you can improve yourself with simple changes in behavior. The truth is, modifying behavior is not easy. We tell ourselves that we are going to change and that we have the “willpower,” but something happens along the way. We are creatures of routine and comfort – it is part of our nature. Making an abrupt modification in our behavior can be very stressful. Lasting change is a gradual process and usually occurs with multiple relapses. In fact, many people find that they need counselors, psychologists or life coaches to help them achieve their goals. Sometimes, the biggest hurdle to self-improvement is recognizing that we cannot always do it alone.

This year, if you find yourself wrestling with improving your life, find a book on behavior change or talk to a counselor to learn strategies and techniques.

Knowledge is powerful. The more we understand ourselves and the process of change, the more successful we will be. Good luck!

Here's to your health!

# Keep Up-to-Date on School Immunizations

*School-age children, from preschoolers to college students, need vaccines.*

## Vaccines for Your Young Children (Newborns through 6 years old)

During the early years of life, your children need vaccines to protect them from diseases that can be serious, even life-threatening. Parents who choose not to vaccinate their children increase the risk of disease not only for their own children, but also for other children and adults throughout the entire community. For example, vulnerable newborns too young to have received the maximum protection from the recommended doses of vaccines or those with weakened immune systems, such as some people with cancer and transplant recipients, are also at higher risk of disease.

All children must have the required State of New Jersey minimum immunizations in order to attend school or daycare/preschool. Parents are

responsible for providing proof of immunization for each child prior to the student attending their first day. Additionally, the influenza vaccine is recommended for kids in daycare/preschool as well as for all others to help keep them healthy.

Students without evidence of the required immunization will not be admitted to school. Check with your child’s pediatrician today to see if they are up to date on their vaccinations. You can also call the Freehold Area Health Department to if you have any questions.

Parents can find out what vaccines their children need and when the doses should be given by visiting <http://www.nj.gov/health/cd/imm.shtml> or [www.cdc.gov/vaccines/parents/](http://www.cdc.gov/vaccines/parents/).

	Minimum Number of Doses for Each Vaccine						
	DTaP Diphtheria, Tetanus, acellular Pertussis	Polio Inactivated Polio Vaccine (IPV)	MMR (Measles, Mumps, Rubella)	Varicella (Chickenpox)	Hepatitis B	Meningococcal	Tdap (Tetanus, diphtheria, acellular pertussis)
Kindergarten – 1 <sup>st</sup> grade	A total of 4 doses with one of these doses on or after the 4 <sup>th</sup> birthday OR any 5 doses	A total of 3 doses with one of these doses given on or after the 4 <sup>th</sup> birthday OR any 4 doses	2 doses <sup>†</sup>	1 dose	3 doses	None	None
2 <sup>nd</sup> – 5 <sup>th</sup> grade	3 doses*	3 doses	2 doses	1 dose	3 doses	None	None
6 <sup>th</sup> grade and higher	3 doses	3 doses	2 doses	1 dose required for children born on or after 1/1/98	3 doses	1 dose required for children born on or after 1/1/97 given no earlier than ten years of age	1 dose required for children born on or after 1/1/97

\* NOTE: Children 7 years of age and older, who have not been previously vaccinated with the primary DTaP series, should receive 3 doses of Tetanus, diphtheria (Td)

# 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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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 – David Henry, Interim HO

Manalapan - W. David Richardson, HO

Monmouth County Regional Health Commission – David Henry, HO