

Englewood Health Watch

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Health Observances

- June – National Safety Month
- July—Juvenile Arthritis Awareness Month
- August – National Infant Immunization Awareness Month

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Dog Bite Prevention

Millions of Americans suffer dog bites each year, so the danger is serious. *Even a good-natured dog can turn aggressive under the wrong circumstances, such as if it is chained, poorly socialized, or abused.*

Pet Ownership

If you're a pet owner yourself, you can minimize the risk of dog bites through **responsible pet ownership**.

You may think you know which dog breeds are the most likely to bite, but many breeds commonly thought of as aggressive don't deserve their bad reputations. Other breeds seem gentle because of their size or appearance, but are actually more dangerous.

Part of preventing dog bites is preventing the circumstances that lead to aggression. From **dog fighting**, tethering or **chaining a dog**, there are actions that owners take that cause or encourage aggressive behavior. Whether that action was intentional or the owner simply didn't know better, he or she is still legally responsible for any harm the dog causes in an attack.

Preventing and Dealing with Dog Bites

Parents might be alarmed to learn that half of all dog bite victims are children. There are steps you can take to protect your children.

If your neighbor is harboring a dangerous dog, it's important that you

take steps to **prevent a dog bite**. In the real world, unfortunately, even the best attempts at prevention may not always succeed.



Photo Credit: [Corbis Images](#).

For additional information, contact our Public Health Investigator at 201-568-3450 x.6517 during normal business hours.

Deborah L. Baldwin
Program Coordinator/
Assistant to the Director

Pool Safety

CPSC's *Pool Safely: Simple Steps Save Lives* campaign recommends adopting and practicing as many water safety steps as possible.

Rule # 1: Never leave a child unattended around a pool, spa, bath tub or any body of water.

At pools, spas and other recreational waters:

- Teach children basic water safety skills.
- Learn how to swim and ensure your children also know how to swim.
- Avoid entrapment by keeping children away from pool drains, and other openings.
- Have a phone close by at all times when visiting a

- pool or spa.
- If a child is missing, look for them in the pool or spa first, including the neighbors'.
- Share safety instructions with family, friends, babysitters and neighbors.

Priscilla Lewis,
Health Inspector

Water Safety 101

If you are planning to be outdoors this summer in a pool or at the beach, please follow the water safety tips below to keep your family out of harm's way!

Residential and Community Pools:

Learn how to swim Never leave a child unattended
Young children or inexperienced swimmers need life jackets in and around the water
Learn to perform CPR on children and adults
Install a four-foot fence around the pool and use self-closing & self-latching gates
Install pool and gate alarms to alert you when children go near the wa-

ter
Install compliant pool and drain covers

Beach Safety:

Check the latest National Weather Service forecast for local beach conditions
Never swim alone
Swim near a lifeguard
Look for posted signs and warning flags, which may indicate higher than usual hazards
Be cautious.
Always assume rip currents are present

If in doubt, don't go out!

For more water safety information, including general summer safety tips, please visit www.redcross.org

Megan Maletich
Health Educator



Underage Drinking

Drinking alcohol before age 21 is illegal. Numerous myths have allowed teenagers to form opinions of alcohol.

A few of these are: It is alright to drink alcohol but not to use cocaine; I can never become an addict; I cannot die from drinking alcohol.

Some teenagers may not recognize alcohol as a harmful substance like

other drugs. But the consequences of underage drinking may cause death, car crashes, negative effects on the brain, behavioral or emotional issues, and addiction. Teenagers need to understand that *alcohol is a "Gate Way"* that can lead to more harmful drugs.

According to the CDC, alcohol is the most commonly used and abused drug among youth in the U.S., and

is responsible for more than 4,300 annual deaths among underage youth. People aged 12 to 20 years drink 11% of all alcohol consumed in the U.S. More than 90% of this alcohol is consumed in the form of bingeing. In 2010, there were approximately 189,000 emergency room visits by persons under age 21 for injuries and other conditions linked to alcohol.

Tick Prevention

Warm weather is here -- time for outdoor fun! Hiking, gardening and picnics come to mind. While enjoying the outdoors, preventing tick exposure should also come to mind. Keeping your yard free of high weeds, tucking pants legs into socks while hiking, and examining yourself after being outside are a few

things to keep in mind.

Ticks are known to carry various diseases. Most notably in our area is Lyme disease, but there is also ehrlichiosis, anaplasmosis and Rocky Mountain spotted fever. The greatest concern for ticks is during the months of May, June and July.

Taking a few precautions can make a big difference. For more information on ticks and diseases please visit: www.nj.gov/health/cd/ or www.cdc.gov/ticks/diseases.

Matt Traudt
Public Health Investigator

Men's Health Month

Every year in June, Men's Health Month is recognized and supported throughout the country with media coverage, health fairs, screenings, and other outreach activities. This helps bring awareness about diseases, illnesses, and health related issues to encourage early screenings and treatment for the prevention of terrible health problems.

Heart disease is the leading cause of death for men. From chest pain, heart failure, irregular heartbeats, and coronary artery disease, these conditions are what cause nearly 700,000 Americans to die annually. Symptoms to look out for when experiencing a potential heart attack

are chest discomfort, upper body discomfort, and shortness of breath. The best way to prevent heart diseases is through regular exercising, a proper diet of healthy foods, and frequent checkups and screenings.

Cancer is the second leading cause of death for men, with prostate and lung cancer being the most common. Around 128 per 100,000 men will have prostate cancer. Symptoms to look for in prostate cancer are a need to urinate frequently, weak flow of urine, painful urination, difficulty having an erection, or blood in urine or semen. 73 per 100,000 men will have lung cancer. Symptoms of lung cancer are short-

ness of breath, persistent coughing, chest pain, weight loss, and wheezing. Best prevention methods for prostate cancer are early and frequent screenings. Early detection will save your life!

Be active, make some changes in your life, and don't skip that screening or check up!

*Wonjun (John) Han
Youth Health Educator*

Source: Centers for Disease Control and Prevention (CDC)

Underage Drinking (cont'd)

Warning signs of an underage person using alcohol are

Behavioral changes: sloppy appearance, lacking involvement in former interests, switching friends or reluctance to let you know the new friends, experiencing school problems (poor attendance, low grades, and lack of discipline)

Emotional changes: such as having a "nothing matters" attitude

Mental changes: memory lapses and

poor concentration

Physical changes: low energy, blood-shot eyes, lack of coordination, and slurred speech.

Parents concerned that their underage child might be drinking should be aware of the warning signs and have an open discussion with them about the dangers of drinking alcoholic beverages. These signs may be a result of the use of other harmful substances, so it is imperative for parents to act

quickly, talk to their child(ren), and seek professional help if necessary.

*Claudette Murdock,
Public Health Nurse*

<http://www.cdc.gov/alcohol/factsheets/underage-drinking.htm>

Safety Is No Accident

Sponsored by the [National Safety Council](#) (NSC), June is [National Safety Month](#). While bringing national attention to accident prevention, NSC helps Americans to prevent injuries and accidental deaths by calling attention to common safety and health risks. It's a time to repair broken steps, clean out the medicine cabinet, and install lighting in dim

hallways.

Tips for protecting against accidental falls, both at home and at work:

- Aisles, stairs and walkways should be clutter-free; spills should be wiped, dropped objects picked up and cabinet drawers closed when not in use.
- Apply nonskid floor coatings and slip-resistant mats where falls are likely. Slow down and take small

steps when walking on a wet or slippery surface.

- Inspect ladders before and after every use.
- Use handrails in stairways; take one step at a time and report or repair broken stairs or loose stair coverings.

*Deborah L. Baldwin
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Public Health
Prevent. Promote. Protect.

We're on the Web!
www.cityofenglewood.org

This local health department offers a comprehensive array of public health prevention, promotion, and protection services and programs serving 27,147 residents (census data of 2010) in the City of Englewood, New Jersey. The Department operates under the mandated, legal framework of the Public Health Practice Standards of Performance for Local Boards of Health in New Jersey (N.J.A.C 8:52) and the New Jersey State Sanitary Code (N.J.A.C 8:26). Under the governing authority of the Englewood Board of Health, its mission is to improve the quality of life for individuals and families in the City of Englewood through innovative policies, effective services, and strong community partnerships.

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Deborah L. Baldwin, CMR, Editor.

Why vaccinate our children?

It is always better to prevent a disease than to treat it after it occurs. Over the years, vaccines have prevented countless cases of disease and saved millions of lives. Diseases that used to be common in the U.S., and around the world, can now be prevented by vaccination. The American Academy of Pediatrics states that "most childhood vaccines are 90%-99% effective in preventing disease." Thanks to a vaccine, one of the most terrible diseases in history – smallpox – no longer exists outside the laboratory.

Vaccinated mothers protect their unborn children from viruses that could potentially cause birth defects. Women who were vaccinated as children against rubella have

greatly decreased the chance of passing the virus to their unborn or newborn children, eliminating the birth defects, such as heart problems, hearing and vision loss, congenital cataracts, liver and spleen damage, and mental disabilities, associated with the disease.

As stated by all the major medical organizations, vaccines are some of the safest medical products available. Ingredients, such as thimerosal, formaldehyde, and aluminum, can be harmful in large doses but they are not used in harmful quantities in vaccines. Adverse reactions to vaccines are extremely rare. The most common side effect of vaccines, anaphylaxis (a severe allergic reaction), occurs

in one per million vaccinations. The number of cases of adverse reactions to vaccines reported annually to the Vaccine Adverse Event Reporting System (VAERS) is significantly low compared to the cases of childhood illnesses and even deaths prevented by vaccinations.

*Silvia Daici, Pediatrician,
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