

Englewood Health Watch

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Dec 2015 / Jan – Feb 2016

Health Observances

- December 1—World AIDS Day
- January— National Glaucoma Awareness Month & National Radon Action Month
- February— American Heart Month & National Children’s Dental Health Month

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The Gift of Giving

December is Safe Toys and Gifts Month. Every year, millions of toys are bought in the United States that cause thousands of emergency room visits due to toy-related injuries among children under the age of 13, according to the Consumer Products Safety Commission. Knowledge of the safety guidelines of toys and gifts, and the age of the child they are intended for, will help reduce toy-related injuries.

Children and adults alike may be mesmerized by a toy and not notice the instructions, which include the age level, proper use and safe play practices. Parents and caregivers can protect children by focusing on

educational value, safety and entertainment. Although all toys sold in the U.S. are regulated by the same set of standards, regardless of where they are manufactured, parents and caregivers need to review the instructions on a toy’s packaging. They should use safety measures to ensure all toys are age appropriate and used properly.

- Read the packaging on all toys and gifts prior to purchase
- Confirm the toy is age appropriate
- Review the warning instructions, which may include choking hazards, particularly for children under the age of 3
- Throw away broken or damaged toys

- Clean up all toys when playtime is over to reduce a toy-related injury
- Be aware of safety recalls

Toys are supposed to be fun and are an important part of every child’s development. Always remember: toy and gift safety should be considered all year round, and the best safety measure a parent can use is to supervise play.

For more information visit www.cpsc.gov

Lismary Espinal, Health Educator



National Hand-washing Awareness Week

December 6-12, 2015

[Washing hands prevents illnesses and spread of infections to others](#)

Hand washing with soap removes germs from

hands. This helps prevent infections because:

People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and

make us sick.

Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and are then transferred to another person’s hands. (cont’d)

Measles: What to know.

Measles, also known as rubeola, is a contagious respiratory tract virus. Given the nature of the disease, no treatment regime or course of antibiotic can treat or cure it once infected. Measles has to run its course. Symptoms are a fever, runny nose, hacking cough, red eyes, and small red rashes all over the body. Death from measles is rare. Plenty of water and rest are recommended, and infected individuals should be isolated to prevent the airborne pathogen from spreading. The most vulnerable groups are infants, pregnant women, and the immune compromised.

How can it be prevented? Vaccines are the BEST weapon against any infectious disease, including measles. By the same token, before an individual receives any vaccine, they should talk to a healthcare provider about any allergies, pregnancy, reaction to vaccines, and immune compromised illnesses that they may have.

The vaccine is available in a form known as Measles, Mumps, and Rubella (MMR), which is normally administered between 12 to 18 months after birth and again between the ages of 4 to 6 years. Adolescents and adults are urged to get the vaccine if never vaccinated. It is

necessary to check the MMR titer level for immunity since the efficacy of the vaccine can wear off over time. As with any contagious disease, prevention is the optimal goal.

Sources: <http://www.cdc.gov/measles/>
<http://kidshealth.org/parent/infections/lung/measles.html#>
<http://www.mayoclinic.org/diseases-conditions/measles/basics/risk-factors/con-20019675>

Claudette Murdock, Public Health Nurse

Handwashing (cont'd)

Feces (poop) from people, left over from unwashed hands after restroom use or animals, is a source of germs like [Salmonella](#), [E. coli O157](#), and [norovirus](#), that cause diarrhea and respiratory infections.

Germs from unwashed hands can get into foods and drinks while people prepare or consume them. They can multiply in some types of foods

or drinks, under certain conditions, and make people sick.

Removing germs through hand washing helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

Understanding the importance of hand washing can help communi-

ties stay healthy.

Source: <http://www.cdc.gov/handwashing/why-handwashing.html>

Priscilla Lewis, Health Inspector

Sugar Wars

February is National Children's Dental Health Month - to raise awareness about the importance of oral health. Good oral and dental hygiene is important to prevent bad breath, tooth decay and gum disease and, most importantly, help you keep your teeth as you get older.

Parents can teach their children, very early, about proper oral care by setting an example and brushing their teeth twice a day and flossing once a day. This helps remove food particles and plaque on or between the teeth. Parents should also encourage children to make healthy food choices and create **Sugar**

Wars, by avoiding sugary snacks like cookies, candy and cake. Children should have regular dental visits every 6 months to prevent cavities and tooth decay because healthy teeth and gums are essential to a child's overall health.

Lismary Espinal, Health Educator

2016 Pet Licensing & Rabies Clinics

License renewal notices will be mailed / emailed during the last week of December and are renewable in January. Resident pet owners who have not licensed their dogs or cats before the end of February will be assessed late fees beginning in March. No late fees will be waived as all fees are set by City ordinances.

Licenses may not be renewed if the rabies vaccination status does not meet the New Jersey State Department of Health requirement – specifically, rabies vaccinations must not expire prior to November 1st of the current license year. A booster vaccine will be required if it expires

prior to November 1, 2016.

Rabies Vaccination Waiver forms, for medical exemptions, available on our web site or in the Health Department office, are valid for one year only. A new form must be signed and submitted by a veterinarian for the new license year if applicable.



The Rabies Vaccination Clinics have been scheduled for
Saturday, February 20, 2016
11 a.m. to 1 p.m.

Vaccination at the Municipal Court Licensing at the Health Department with a make-up date for Saturday, February 27 due to inclement weather

An additional clinic will be held on Thursday, April 14 from 5:30 p.m. to 7 p.m. Vaccination and Licensing at the Health Department
Late Fees will apply – No late fees will be waived

No pets are permitted inside the Health Department customer service area. Please make arrangements to secure your pet(s) in your vehicle, or bring a responsible family member or friend with you to mind your pet(s) while licensing.

Health Dept. Awarded \$17,185 in Grants

The Englewood Health Department has been awarded four separate grants totaling \$17,185. Three grants are from the National Association of County and City Health Officials (NACCHO) and one is a Bergen County Community Development Block Grant.

The NACCHO grants will be used by the Environmental Health unit

to develop and promote better food safety practices for Englewood’s restaurants.



The Health Education unit will use the Community Development Block Grant funds for a program called “Diabetes: Don’t Sugar Coat It”, with the goal to reduce the risk of diabetes in our city. Both projects are important components to preventing disease and increasing wealth.

Teen Dating Violence

February is Teen Dating Violence Awareness Month. Young people ages 12-19 experience the highest rates of rape and sexual assault, and about 1 in 3 adolescent girls in the U.S. is a victim of physical, emotional or verbal abuse from a dating partner.

What is it? Physical, sexual, psychological, or emotional violence in a dating relationship.

Why does it happen? Teens learn and receive messages from peers, family, or media about how to behave in relationships. Many examples involve using violence in a rela-

tionship and suggest that it is normal. Risk factors for violence in a relationship include: have a depressed, anxious partner; drug or illegal substance use; display of aggression towards peers; have a friend or family member that is violent in their relationship. (cont’d)

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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.

Dating Violence (cont'd)

What are the consequences of dating violence? Teens are greatly impacted by experiences in their relationships. Healthy relationships can leave a positive impact, while a negative relationship can cause major negative effects on a developing teen. Those who experience teen dating violence may experience the following:

-symptoms of depression and anxiety

-engagement in unhealthy behaviors, like drug use and alcohol

-thoughts about suicide

-confidence issues

-involvement in antisocial behaviors

What can you do? Reach out to others for help. Tell a trusted friend and adult. Talk to the police for restraining order if needed. Call the hotline for support and counseling (1-800-RESPECT).

Sources: CDC; Reachout.com; futureswithoutviolence.org

John Han, Youth Health Educator



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