



The Englewood Health Watch

El Observador de Salud de Englewood

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March is National Nutrition Month!

When choosing foods to consume on a daily basis, it is important to eat foods that are high in vitamins and nutrients needed for your overall health. The following tips, from the Academy of Nutrition and Dietetics, are great to follow when choosing foods for yourself and family:

Always consume fruits and vegetables.

* Eat a variety of vegetables (fresh, frozen, and canned), especially dark-green, red and orange. Choose "reduced sodium" or "no salt added" canned vegetables.

* Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits. The brighter the color, the better for you.

Make at least half your grains whole.

* Choose 100% whole-grain breads, cereals, crackers, pasta, and brown rice. Also, look for fiber-rich foods to keep you regular and full longer!

Choose fat-free or low-fat milk, yogurt, and cheese.

* Include at least three servings of fat-free or low-fat milk, yogurt, or cheese each day. It is important to consume calcium and Vitamin D for strong bones and teeth!

Always include protein.

* Eat a variety of foods from the protein food group each week. Proteins function as building blocks for bones, muscles, cartilage, skin, and blood, and also for enzymes, hormones, and vitamins. Meat, poultry, fish, dry beans, peas, eggs, nuts, and seeds are all great protein choices.

Lower your sodium intake.

* Consume 2,300 mg of sodium or less per day. Your body needs some sodium because it helps maintain the right balance of fluids in your body. Avoid processed foods because they contain high amounts of sodium.

* Add spices or herbs to season food without adding salt.

Enjoy your food but eat less.

* Avoid oversized portions. Try using a smaller plate, bowl, and glass.

* Cook more often at home, where you are in control of what's in your food.

* Make desserts, pizza, cheese, sausages, and hot dogs occasional choices, not every day foods.

* Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often.

Visit www.eatright.org for more nutritional information.

Hand washing: Clean Hands Save Lives

Many of us take the importance of hand washing for granted. Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid illness and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

When should you wash your hands?

- * Before, during, and after preparing food
- * Before eating food
- * Before and after caring for someone who is sick
- * Before and after treating a cut or wound
- * After using the toilet
- * After changing diapers or cleaning up a child who has used the toilet
- * After blowing your nose, coughing, or sneezing

* After touching an animal or animal waste

* After handling pet food or pet treats

* After touching garbage

What is the right way to wash your hands?



* Wet your hands with clean, running water (warm or cold) and apply soap.

* Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.

* Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.

* Rinse your hands well under running water.

* Dry your hands using a clean towel or air dry them.

What if I don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs. Also hand sanitizers are not as effective when hands are visibly dirty.

How do you use hand sanitizers?

* Apply the product to the palm of one hand.

* Rub your hands together.

* Rub the product over all surfaces of your hands and fingers until your hands are dry.

Source: www.CDC.gov

Flu, Flu, A-choo

Between the news reports, the over-crowded Emergency Rooms, and co-workers absent from work, it's not hard to see that Flu Season is in full swing.

If you were lucky, you got your flu shot early, and your immune system has been busy building antibodies. If you haven't gotten a shot yet...not to worry. The Englewood Health Department has an ample supply of the flu vaccine at a nominal fee. If you have insurance, there is no co-pay. If you don't have insurance, the fee is \$20.00.

In addition to the Flu Vaccine, we have other adult vaccinations, listed below, to protect you and your family. These are available to you for \$16.00:

- * Tdap - Tetanus, Diphtheria and Pertussis (whooping cough) - This is recommended for anyone who is around children under the age of one, or if you haven't had a Tetanus shot in 10 years or longer.
- * Pneumonia - Recommended every 5 years for people over 64 or asthmatics or smokers.
- * Varicella (Chicken-Pox)
- * Shingles
- * Hepatitis A, Hepatitis B or a combination of both

* Meningitis

Please call the Public Health Nurse, Valarie Buchta, at 201-871-6511 for more information or to schedule an appointment.

National Public Health Week

Since 1995, National Public Health Week (NPHW) has been observed during the first full week in April – this year held from April 1-7. During this time, the United States will take a moment to recognize the importance of public health issues and how it improves our nation. With a different theme each year, the theme for 2013 is “Public Health is ROI: Save Lives, Save Money.” ROI stands for return on investment, it was developed to “highlight the importance of prevention and the importance of well-supported health systems in preventing diseases, saving lives, and curbing health care spending”. Along with the week-long theme, there are daily themes as well:

Monday, 4/1: Ensuring a Safe, Healthy Home for Your Family

Tuesday, 4/2: Providing a Safe Environment for Children at School

Wednesday, 4/3: Creating a Healthy Workplace

Thursday, 4/4: Protecting You While You're on the Move

Friday, 4/5: Empowering a Healthy Community

Each year, the Englewood Health Department coordinates various events throughout the week focusing on prevention. Typically, these are blood pressure screenings, dental hygiene screenings, and childhood immunizations, just to name a few.

Some take public health for granted. For instance, something as simple as hand washing stops germs from spreading from one person to another and throughout an entire community. Getting vaccinated to stop the transmission of the Flu, Pneumonia, Measles, and Hepatitis B is Public Health. Health inspectors inspecting restaurants, vending machines and school lunch rooms is Public Health. The most important thing to remember is that Public Health Prevents, Promotes, and Protects: prevents diseases and injuries, promotes wellness, and protects personal, community, and environmental health.

For more information please visit: www.nphw.org

April is STD Awareness Month

STD Awareness Month, in April, is an annual observance to raise awareness about the impact of sexually transmitted diseases (STDs) and the importance of discussing sexual health with healthcare providers and, if sexually active, partners.

STDs are a major public health issue in the U.S. CDC estimates more than 19 million new cases each year. In 2009, there were more than 1.5 million total cases of chlamydia and gonorrhea reported to CDC, making them the two most commonly reported infectious diseases. Direct medical costs associated with STDs are estimated at \$17 billion annually.

While it is encouraging to know that gonorrhea infections are at their lowest rates ever, and more people are being tested for chlamydia, some Americans are at greater risk of infection than others. Half of new STD infections occur among young people ages 15 to 24 even though this age group makes up 25% of the sexually active population. African Americans account for approximately half of all reported chlamydia and syphilis cases and almost three-quarters of all reported gonorrhea cases even though they represent just 14% of the U.S. population.

STDs affect people of all races, ages, and sexual orientations, but some individuals experience greater challenges in protecting their health. Regardless of community affiliation, personal decisions and actions regarding condom use, partner choice, and drug or alcohol abuse also affect a person's risk for STDs. When risk behaviors are combined with barriers to quality health information and STD prevention services, the risk of infection increases.

To ensure that individuals have the opportunity to make healthy decisions, it is essential to address both the individual and social dynamics that contribute to their risk for STDs. Increased prevention efforts, including screening and treatment, are critical to reducing the serious health consequences of STDs. Talk with your doctor or health care

provider about STDs and ask about recommended vaccinations and testing. Talk openly and honestly with your partner about STDs.

Learn more: <http://www.cdc.gov/Features/STDAwareness/>

Food Allergy Awareness Week (May 12-18)

Today could be the day you discover you have a food allergy. You might be eating your favorite meal and suddenly an itchiness of the mouth and throat area. A few minutes later, you may begin to have difficulty breathing and need to be rushed to the emergency room. Epinephrine is administered to reverse the allergic reaction and return blood circulation. Soon you realize an aspect of your life has changed.

The problem is, a food allergy can affect anyone and there is no cure. Food allergies do not discriminate, regardless of age, gender, or race. According to the Food Allergy and Anaphylaxis Network (FAAN), every three minutes, a food allergy reaction sends someone to the Emergency Department. That is about 200,000 Emergency Department visits per year, and every 6 minutes the reaction is one of anaphylaxis – a severe, potentially life-threatening allergic reaction.

Foods that most often cause an allergic reaction:

- * Peanuts
- * Tree Nuts (e.g., almonds, walnuts, pecans)
- * Wheat
- * Soy
- * Milk

- * Eggs
- * Fish
- * Shellfish (e.g., crab, lobster, shrimp)

Common warning signs and symptoms of anaphylactic reaction:

- * Complaint of tingling, itchiness, or metallic taste in mouth
- * Hives
- * Difficulty breathing
- * Swelling and/or itching of the mouth and throat area
- * Diarrhea
- * Vomiting
- * Cramps and stomach pains
- * Paleness (due to drop in blood pressure)
- * Loss of consciousness

In rare cases, death occurs. Reactions can appear within a few minutes or a couple of hours after a person has eaten the food to which he/she is allergic. It is important to avoid the allergy-causing food to prevent a reaction. A great preventive measure is reading food labels and restaurant menus. Also, epinephrine should be available, if prescribed, for quick treatment, since it is a lifesaving medication. If you see someone with any of the symptoms mentioned above, ACT FAST! Call 911, mention anaphylaxis, and say you need someone that can administer epinephrine.

Source: www.foodallergy.org

Lyme Disease

Well, the groundhog saw his shadow, and Spring is only weeks away... we hope anyway. Soon, we'll shed our extra layers of clothing and be able to enjoy the outdoors – walking, biking, running, and hiking. Although it is great to be outdoors and enjoy the abundance of activities that we have in our area, it is important to stay healthy and safe.

Lyme Disease is a very real problem. Unfortunately, ticks love the outdoors as much as we do. Fortunately, not all ticks carry Lyme Disease. Here are some facts about ticks that may be useful.

* The black-legged tick (or deer tick, *Ixodes scapularis*) spreads the disease in the northeastern, mid-Atlantic, and north-central U.S., and the western, black-legged tick (*Ixodes pacificus*) spreads the disease on the Pacific Coast.

* In most cases, the tick must be attached for 36-48 hours or more before the Lyme Disease bacterium can be transmitted.

* Most humans are infected through the bites of immature ticks called nymphs. Nymphs are tiny (less than 2 mm) and difficult to see; they feed during the spring and summer months.

* Ticks can attach to any part of the human body but are often found in hard-to-see areas such as the groin, armpits, and scalp.

Lyme disease can be preventable if you *Think before you Hike*.

* Use insect repellent that contains 20-30% DEET.

* Wear light colored clothing so you can see ticks that may attach to your clothing. Tuck your pants into socks and boots to keep ticks from crawling upward.

* Shower as soon as you come indoors, and inspect your body for ticks – especially, armpits, groin, behind knees and scalp.

If you do find a tick on your body:

* Pull tick straight out with fine-tipped tweezers. Don't twist or jerk it out. This can cause the mouth parts to break off and stay in your skin.

* Clean the bite with rubbing alcohol.

* You should see a doctor if you get: fever, rash, fatigue, facial paralysis, or joint pain within 30 days of the tick bite.

* Delay in treatment can lead to severe arthritis, nerve, spinal cord, brain, or heart problems

* Your doctor will prescribe specific antibiotics for 2-3 weeks. It is important that you take the entire course of the medication.

The outdoors is fun and enjoyable, but be responsible. If you do encounter a problem, take care of it right away.

For additional information go to <http://www.cdc.gov/Lyme>

Recreational Water Illnesses

Recreational water illnesses (RWIs) are caused by germs spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers, or oceans. RWIs can also be caused by chemicals in the water or chemicals that evaporate from the water and cause indoor air quality problems.

RWIs include infections such as gastrointestinal, skin, ear, respiratory, eye, neurologic, and wound infections. The most commonly reported RWI is diarrhea.

In the past two decades, there has been a substantial increase in the number of RWI outbreaks associated with swimming.

Keeping chlorine at recommended levels is essential to maintain a healthy pool.

With RWI outbreaks on the rise, swimmers need to take an active role in helping to protect themselves and prevent the spread of germs

Three steps for swimmers

* Don't swim when you have diarrhea. You can spread germs in the water and make other people sick.

* Don't swallow pool water. Avoid getting water in your mouth.

* Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers.

Three steps for parents of young kids

* Take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.

* Change diapers in a bathroom or a diaper-changing area and not at poolside. Germs can spread in and around the pool.

* Wash your child thoroughly (especially the rear end) with soap and water before swim-ming. Invisible amounts of fecal matter can end up in the pool

Source: CDC

What is E. coli Infection?

E scherichia coli (abbreviated as E. coli) are a large and diverse group of bacteria found in the environment and certain foods. Some kinds of E. coli can cause diarrhea, while

others cause urinary tract infections, respiratory illness as well as pneumonia, and other illnesses.

About the Illness

People usually get sick from E. coli within 2 to 8 days (average of 3 to 4 days) after swallowing the organism. Most people infected will develop diarrhea (usually watery and often bloody) and abdominal cramps. Most illnesses resolve on their own within 7 days. Some illnesses last longer and can be more severe, especially in young children (under 5 years) or the elderly.

To best protect yourself against E. coli infections:

* Know your risk of food poisoning. People at higher risk for food borne illness are pregnant women and newborns, children, older adults and those with weak immune systems.

* Consult your healthcare provider if you think you might be ill with E. coli infection.

* Practice proper hygiene, e.g. good hand washing

* Cook meats thoroughly. Ground beef and meat should be cooked to a temperature of at least 160°F. It's best to use a thermometer, as color is not a very reliable indicator of how thoroughly meat has been cooked.

* Avoid consuming raw milk, unpasteurized dairy products, and unpasteurized juices (like fresh apple cider).

* Avoid swallowing water when swimming or playing in lakes, ponds, streams, swimming pools, and backyard "kiddie" pools.

* Prevent cross-contamination in food preparation areas by thoroughly washing hands, counters, cutting boards, and utensils after they touch raw meat.

Learn more at: <http://www.cdc.gov/ecoli/>

Spring Rabies Vaccination Clinic

An additional rabies clinic will be held on

Thursday, April 18 from 6 p.m. to 7 p.m.

Vaccination and Licensing will take place

at the Health Department.

Late License Renewal Fees will apply

(\$15.00 per late renewal)

Resident pet owners who have not yet licensed their dogs or cats should do so at this time to avoid additional fees and/or summons.

No pets are permitted inside the Health Department customer service area while licensing. 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.

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.

Rabies Vaccination Waiver forms, 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.



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