

# Englewood Health Watch

Volume 7, Issue 4

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## Health Observances

- June – National Safety Month
- June to July 4 – Fireworks Safety Month
- August – National Immunization Awareness Month

## Summer Recreational Bathing

### Q: Why is chlorine added to swimming pools and spas?

A: Chlorine kills harmful microorganisms that can cause health-related problems in swimming pools and spas. Chlorine-based swimming pool and spa disinfectants help prevent swimmers' ear, athlete's foot, skin rashes and diarrhea. Legionnaires' disease and Pontiac Fever can also be prevented with proper chlorination. The U.S. Centers for Disease Control and Prevention (CDC) calls chlorine and proper pH, "the first defense against germs that can make swimmers sick."

### Q: What are the signs of a "healthy pool?"

A: The Healthy Pools partnership recommends you use your senses to help recognize the difference between a healthy pool and a potentially risky one. What should you notice?

**Sight:** Look for water that's clean, clear and blue. The painted stripes and drain should be clearly visible at the bottom of the pool.

**Touch:** Check for tiles that feel smooth and clean. Sticky or slippery tiles are caused by algae and other unwanted organisms.

**Smell:** Make sure there are no strong odors. Chlorine helps keep pools healthy, and will not cause a strong chemical odor in a well-

maintained pool.

**Sound:** Listen for pool cleaning equipment. Properly running pumps and filters make sure that clean, disinfected water reaches all parts of the pool.

**Taste:** Never drink or swallow pool water. In fact, try to avoid getting it in your mouth at all.

**Common Sense:** Do your part to protect yourself and others. Always shower before you swim, and never swim when you are ill with diarrhea.

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## 2014 Biennial Pet Census

The Health Department will be conducting its biennial Pet Census this summer beginning the week of June 16<sup>th</sup>. The pet census is a door-to-door survey throughout the City of Englewood to obtain the number of

domestic cats and dogs, and to check their licensing and immunization status. The census will help us to follow up on unlicensed animals to ensure that we keep Englewood healthy and safe.

All persons used to conduct the census will be supervised by experienced persons and staff. They have received an intensive orientation and training and come with good references and

## Summer recreational bathing (cont'd)

Practice these 3 "PLEAs" to stop germs from causing illness at the pool:

1. Please don't swim when you have diarrhea. Germs can spread in the water and make other people sick. This is especially important for kids in diapers.
2. Please don't swallow the pool water. In fact, avoid getting water in your mouth.
3. Please practice good hygiene. Shower before swimming and wash your hands after using the toilet or changing diapers.

Additional "PLEAs" for Parents of Young Kids:

1. Please take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.
2. Please change diapers in a bathroom or diaper-changing area -- not at poolside. Germs can spread to surfaces and objects in and around the pool and cause illness.
3. Please wash your child thoroughly (especially the rear end) with soap and water before swimming. Invisible amounts of fecal matter on their bottoms can end up in the pool.

<http://chlorine.americanchemistry.com/FAQs/Chlorine-and-Swimming-Pools-and-Spas>

Priscilla Lewis, Health Inspector



## Pet Census (cont'd)

satisfactory backgrounds. These workers are considered staff of the Department during this period, and will carry ID and wear Health Department t-shirts. We ask for the cooperation and support of all Englewood residents to enable us to maintain proper records of all domestic pets in Englewood.

Unlicensed pets can pose a health threat to the community. If you notice an unlicensed pet, contact the health department immediately. Most animal complaints received come from neighbors, usually dealing with noise related to barking, dogs running at large, and owners not picking up after their pets.

It's important to be considerate of your neighbor and help keep your community clean.

If you have questions regarding the Pet Census, please contact Matt Traudt, or Jim Fedorko, at (201) 568-3450.

Deborah L. Baldwin, Editor

## Beat the heat this summer!

The summer months are quickly approaching! Have you purchased your sunscreen, hats, beach umbrellas, and bug spray? During these months, we often witness many changes in weather, including times of high temperatures reaching up to 100 degrees! Almost every summer New Jersey experiences heat waves, which cause many health issues. People

can lose power, a place to get cool and water to stay hydrated. It is very important to protect yourself and your family this summer from any heat-related illness.

One of the most common heat-related illnesses is heat exhaustion. This can occur after being exposed to high temperatures for several hours, days, or weeks, resulting in dehydration. Heat

exhaustion includes water depletion and salt depletion.

The most common symptoms of Heat Exhaustion include:

Confusion  
Dark-colored urine (a sign of dehydration)  
Dizziness  
Fainting

## Beat the heat (cont'd)

Fatigue  
Headache  
Muscle cramps  
Nausea  
Pale skin  
Profuse sweating  
Rapid heartbeat

Without proper intervention, heat exhaustion can progress to heat stroke, which is a life-threatening illness causing a body temperature of 105 degrees or higher.

Keeping yourself and your family safe during high temperature days is the best way to reduce the risk of heat exhaustion. Consider the following steps for protection:

**Get out of the heat.** Move to an air-

conditioned room or shade.

**Drink plenty of fluids.** Stay hydrated at all times. Always drink plenty of water or Gatorade.

**Wear loose-fitting or light colored clothing.** Keep yourself as cool as possible. Do not wear dark colors or tight clothing that can make the heat effect even worse.

**Take a cool shower, bath, or sponge bath.** Do not over-heat your



body. It is important to keep a normal body temperature to reduce the risk of dehydrating.

**Use fans or wet towels.** Keeping cool is key!

Always remember that staying safe is the best prevention for any health-related issue. Keep cool and have some (safe) fun in the sun this summer!

For more information on Heat Exhaustion or any summer-related illness, please visit [www.WedMD.com](http://www.WedMD.com)

Megan Maletich, Health Educator

## Splashing or Screaming!

Finally! The sun is out, school supplies are packed away and pools are open. Summer is here! It's the time of the year we have been waiting for. It's time to cool off in the pools, lakes, oceans and water parks.

Prior to going outside and enjoying the warm weather let's remember safety comes first. Water can be dangerous especially for children, since children can drown in as little as two inches of water without any splashing or screaming. According to the Center for Disease Control and Prevention, drowning is the second leading cause of injury-related deaths among children under the age of 15. It is more important now than ever, especially during the spring and summer months, to keep kids safe around water.

There are many different water sources to cover when it comes to water safety, and we'll review just a few **water safety** tips:

Never leave a child unattended around water or in the care of older children - **NOT EVEN FOR A SECOND!**

Always have children swim with an adult.

Always stay within arm's reach of children.

Put a self-locking gate or fence, that is at least four feet high, around all sides of the pool or spa.

Flotation devices or inflatable toys are not substitutes for supervision.

Teach your child to swim at an early age .

Never leave toys in the pool – children may be tempted to reach for them later.

Do not leave furniture around that children can use to climb over the fence.

Be sure that the adult with your child knows how to swim, get emergency help and perform CPR.

Enjoy a safe and refreshing summer.

Lismary Espinal, Youth Health Educator

Source: [www.cdc.gov](http://www.cdc.gov), New Jersey Dept of Children and Families [www.nj.gov/dcf](http://www.nj.gov/dcf)

**CITY OF ENGLEWOOD  
DEPARTMENT OF HEALTH**

73 South Van Brunt Street  
Englewood, New Jersey 07631

Phone: 201-568-3450  
Fax: 201-568-5738  
E-mail: [healthadmin@englewoodnjhealth.org](mailto:healthadmin@englewoodnjhealth.org)



**Public Health**  
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*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.*

## Stop Ticks—Stop Lyme Disease

Preventing Lyme disease is easy; don't get bitten by a tick.

Ticks live in the woods, and, thankfully they do not live in maintained lawns and parks because they cannot survive in short grass. So, the only place you can get bitten by a tick is when you are hiking in the woods with tall grass or lots of leaf litter.

If you go into tick habitat, check for, and remove, any ticks on you or family members as soon as possible. Removing ticks quickly decreases the chances of infection. Remember too that

not all ticks carry Lyme disease.

If you have questions, or you'd like to see samples of ticks, stop by the Health Department to view their collection.



**Black-legged tick, also known as the deer tick, transmits Lyme disease. Male (left) and female (right)**

**James Fedorko, Health Officer**



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