



# The Englewood Health Watch

## El Observador de Salud de Englewood

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#### Vaccine Spacing is Crucial

Proper vaccine spacing is crucial. If vaccines are given too close together (or to a child younger than the minimum recommended age), it can result in a less than optimal immune response. CDC recommends that vaccine doses given four or fewer days before the minimum interval or age be counted as valid, unless local or state requirements specify otherwise. It is not recommended to routinely administer vaccines within the four day range. This time interval is used as a retrospective look when accessing vaccine history. If the dose needs to be repeated, the repeat dose should be spaced after the invalid dose by the recommended minimum interval.

#### [Recommended and Minimum Ages and Intervals Between Doses of Routinely Recommended Vaccines](http://www.cdc.gov/vaccines/pubs/pinkbook/downloads/appendices/A/age-interval-table.pdf)

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#### College Freshmen Should Get a Meningitis Vaccine



Laptop, check. Books, check. Meningitis vaccine?

For a student living in a dorm setting this fall, getting a meningitis vaccine is a good idea. College freshmen are at slightly increased risk for bacterial meningitis compared with other people of the same age. Infectious disease

tends to spread quickly wherever larger groups of people gather together. As a result, college students in dorms as well as military personnel and children in childcare facilities are at an increased risk.

There are currently two vaccines licensed in the United States to protect against meningococcal meningitis, Menomune and Menactra/Menveo. The CDC recommends vaccinating 11 through 18 year olds, and adults in these categories:

- \* College freshmen living in a dormitory
- \* Military recruits
- \* People with a damaged or removed spleen
- \* People with terminal complement deficiency
- \* Microbiologists routinely exposed to *Neisseria meningitidis*
- \* People traveling or residing in countries in which the disease is common

Meningitis is an inflammation of the membranes that cover the brain and spinal cord and is usually caused by a viral or bacterial infection. Bacterial meningitis can be quite severe and may result in brain damage, hearing loss, learning disabilities, and limb amputation. Signs and symptoms include high fever, headache, and stiff neck. They can develop over several hours, or may take one to two days. Other symptoms include nausea, vomiting, discomfort looking into bright lights, confusion, and sleepiness. As the disease progresses, patients of any age may have seizures.

Meningitis can be spread from person to person by coughing, kissing, and sneezing. However, none of the bacteria that cause meningitis are as contagious as colds or the flu. Meningitis can't be spread by casual contact or by simply breathing air where a person with meningitis has been.

Sources:

<http://www.cdc.gov/meningitis/high-risk/college.html>

<http://www.cdc.gov/meningitis/vaccine-info.html>

<http://www.cdc.gov/meningitis/about/faq.html#b>

#### Food Safety

- \* Purchase produce that is not bruised or damaged.
- \* When selecting fresh-cut produce (such as a ½ watermelon or bagged salad greens), choose items that are refrigerated or surrounded by ice.
- \* Bag fresh fruits and vegetables separately from meat, poultry, and seafood products.
- \* Store perishable fruits and vegetables in a clean refrigerator at a temperature of 40 degrees or below.
- \* Refrigerate all produce that is pre-cut or peeled.
- \* Wash all produce before eating or peeling. Make sure hands are clean before cleaning items.
- \* Cut away any damaged or bruised areas on fruits and vegetables. Produce that looks rotten should be discarded.
- \* Ensure meats, poultry, and seafood are cooked to the proper temperatures. You can't tell if meat is properly prepared just by looking at it.
- \* Keep meats properly stored in the refrigerator or freezer.
- \* A chart of safe, minimum cooking temperatures can be found here.

Source: <http://www.foodsafety.gov/>

#### Keeping My Child's Lunch Safe

The summer has come to an end, and now it's time for the kids to start school – a parent's dreams come true. Mom and Dad have crossed off every item on their list and stocked up on supplies their kids are going to need throughout the year. The kids are happy and ready to go to school with their new clothes, book bags, notebooks, and lunchbox. Wait a minute. Lunch box? Yes many kids today still take lunches to school. That is why it is very important to keep your children's food safe from unwanted bacterial growth on perishable foods.

Harmful bacteria thrive at room temperature, also known as the "danger zone". The temperature ranges from 41°F to 135°F. They grow so fast that they double in numbers every 20 minutes. Sounds scary, right? In order to protect your children from unwanted bacterial growth, we need to get back to the basics. Let's start by keeping the foods safe.

When packing your child's lunch, make sure that your food preparation area has been cleaned and sanitized. One tablespoon of unscented bleach in a gallon of water may be used to sanitize surfaces. The next important factor is making sure you wash your hands thoroughly. Hand washing should be done with warm water, soap, and at least 20 seconds of vigorous lathering before you prepare or eat foods. Hand washing alone can prevent foods from being contaminated with foodborne illness like salmonella, norovirus, campylobacter, and even E. coli.

Food in your child's lunch box has to be either hot, 135°F and above, or cold, 41°F and below. Anything in between could put your child at risk. Insulated lunch bags are the best to keep foods cold. To keep the lunch box temperature down, store foods with an ice pack or with a frozen juice pack. This will keep the food cold until it's ready to be eaten. To keep foods hot, an insulated container, such as a thermos, is the best option.

In conclusion, when packing your child's lunch, add this to the list: 1. Sanitize prep area; 2. Wash hands thoroughly; and 3. Keep food out of the danger zone. Remember, following these simple steps will give you the peace of mind of knowing that nothing will be growing in your child's food.

Source: Keeping "Bag" Lunches Safe, U.S. Dept. of Agriculture:

[http://www.fsis.usda.gov/fact\\_sheets/Keeping\\_Bag\\_Lunches\\_Safe/index.asp](http://www.fsis.usda.gov/fact_sheets/Keeping_Bag_Lunches_Safe/index.asp)

## **Pertussis is on the Rise**

Pertussis is a very easy disease to prevent. However, there has been a resurgence in 2012. With the proper vaccinations, children should never have to suffer from pertussis.

The disease, also known as whooping cough, is caused by the bacteria, *Bordetella pertussis*. Pertussis is highly contagious and causes uncontrollable, violent coughing, which often makes it hard to breathe. When an infected person tries to take a deep breath, a whooping sound often occurs. It most commonly affects infants and small children and can be fatal, especially in children less than a year old. More than half of infants younger than one year of age who get the disease are hospitalized.

People with pertussis spread it by coughing and sneezing. Many infants infected are exposed by their siblings, parents, or caregivers, who might not even realize they have the disease.

## **Holiday Food Safety**

The holiday season just wouldn't be the same without food! However, foodborne illness causes an estimated 76 million people to become sick each year. The most common foodborne diseases are associated with meat, poultry, and fish, including Salmonella, Campylobacter, and E.coli.

Some easy steps to ensure healthy holidays:

\* **CLEAN** – wash your hands with soap and water before and after handling food. Foodborne illnesses are easily spread by contaminated hands. Wash all kitchen utensils, dishes, and countertops with hot water and soap.

\* **SEPARATE** – use one cutting board for raw meat poultry, and seafood, and a separate one for produce. Keep fish, seafood, raw turkey, roasts, hams, and other meats and their juices separate from other side dishes when preparing meals.

\* **COOK** – cook meat and poultry to proper temperatures. Use a food thermometer.

o Turkey, stuffing, casseroles and leftovers - 165°

o Beef, veal, and lamb - 145°

o “Fully cooked” ham - 140°

o Fresh ham, pork, and egg dishes - 160°

\* **CHILL** – chill food promptly. Keep your refrigerator at 40° or below to prevent bacteria from growing on food. Custard pies and egg dishes should always be kept cool. Put leftovers in the fridge within two hours.

Source: [http://www.cdc.gov/media/subtopic/matte/pdf/foodsafe\\_maindish.pdf](http://www.cdc.gov/media/subtopic/matte/pdf/foodsafe_maindish.pdf)

## **Understanding Bullying**

*What is Bullying?*

Bullying is a big problem that affects lots of children. According to [www.Stopbullying.gov](http://www.stopbullying.gov) bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending him or herself. Bullies often look for signs of weakness in their victim. Usually this is a repeated act. Children who are bullied can experience low self-esteem, fear, social alienation, and even depression.

*Why is Bullying a Problem?*

\* According to the Centers for Disease Control and Prevention (CDC), a 2009 nationwide survey, about 20% of high school students reported being bullied on school property in 12 months preceding the survey.

\* 25% of public schools reported that bullying occurred among students on a daily or weekly basis.

*Roles in Bullying*

\* **The Bully** - someone who uses strength and/or power to harm or intimidate those who are perceived to be weak.

\* **The Victim/Target** - someone the bully tries to bully.

\* **The Bystander** - someone who happens to be a witness to bullying.

A bystander can:

- o Stand and watch
- o Support the bully
- o Walk away
- o Stand up for the victim

*Types of Bullying*

1. **Physical bullying**-involves hurting a person's body or possessions. Physical bullying includes:

\* Punching/kicking/pinching

\* Pushing/tripping

\* Spitting

\* Making mean or rude hand motions

\* Taking or breaking someone's property

2. **Verbal bullying**-is saying or writing mean things. Verbal bullying includes:

\* Name-calling/Teasing

\* Inappropriate comments

\* Threatening to cause harm

3. **Social bullying**- involves hurting someone's reputation or relationships.

\* Refusing to acknowledge a person's presence

\* Telling others not to be friends with someone

\* Spreading rumors about someone

\* Embarrassing someone in public

\* Intimidation/threatening/stalking

4. **Cyberbullying**- using electronic technology (cell phones, computer, and tablets) to hurt someone.

\* Rumors sent by email or posting on social web sites

\* Posting embarrassing pictures, video

\* Texting/Sexting

Signs that a Child is being bullied

\* Unexplainable Injuries

\* Loss of personal items (clothing, jewelry, electronics)

\* Change in eating habits

\* Difficulty sleeping

\* Declining grades/not wanting to go to school

Signs that a Child is a Bully

\* Have friends who are bullies

\* Increasingly aggressive

\* Regularly sent to principal's office or frequent detention

\* Has new belongings and/or money

What Can You Do?

\* Remember that you are not at fault

\* Stand up for yourself

\* Talk to someone you trust about the situation

\* Avoid violence

\* Never forget who you are and how you should be treated

For More Information

Centers for Disease Control and Prevention

[www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention)

Stop Bullying

[www.stopbullying.gov](http://www.stopbullying.gov)

STRYVE

[www.safeyouth.gov](http://www.safeyouth.gov)

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