



The Englewood Health Watch

El Observador de Salud de Englewood

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Biennial Pet Census (Dogs & Cats)

The Health Department will be conducting its Biennial Pet Census this summer beginning the week of June 18th. 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 verify their licensing and rabies immunization status.

The census program will be carried out by college students supervised by experienced persons and staff. All of the census workers have received an intensive orientation and training and are young people with good references and satisfactory backgrounds. The students are considered staff of the Health Department during this period, and will carry identification and wear Health Department t-shirts. We are asking for the cooperation and support of all Englewood residents to enable us to complete this mandatory program and maintain proper records of all domestic pets in Englewood.

Unlicensed pets pose a serious health threat to the community. Everyone has a responsibility to themselves and their community. If you notice an unlicensed pet, please contact the health department immediately. Most animal complaints received and investigated come from neighbors, usually dealing with noise related to barking, dogs running at large, and neighbors not picking up after their pets. It's important to be considerate of your neighbor and help keep your community clean.

We have also discovered, through bite reports, a number of dogs that were not licensed and immunized. This represents a lack of responsibility of the owner, not only to their animals, but also to the health and well-being of the community at large. The census will help us to follow up on unlicensed animals to ensure that we keep Englewood healthy and safe. If you have questions regarding the Pet Census, please contact Matt Traudt, or Nelson Xavier Cruz, at (201) 568-3450.



Summer Time Fun: Safety Tips for Students

With the school year coming to an end and summer around the corner, it is important that students take the time to prepare for the summer. Here are a few things to keep in mind to have a fun and safe summer.

Swimming is one popular activity of the summer, whether it's at the Jersey shore, in your backyard, or at the community swimming pool. It is extremely important that you remember a few things to keep you safe:

- * Make water safety your priority.
- * Take swimming lessons.
- * Swim in areas that are supervised by an on-duty lifeguard.
- * Always swim with a buddy; never swim alone.
- * Wear a life jacket or use a floatation device.

Riding your bicycle, scooter or skateboarding are other fun activities to indulge in during the summer. To ensure your experience is a safe one:

- * Wear safety gear such as a helmet, knee and elbow pads when riding a bicycle, scooter, or skateboarding.
- * Helmets should sit properly on the top of your head (should not tilt over the forehead or back of the head).
- * Straps should be fastened.

- * Check your bicycle, scooter, or skateboard before each ride.
- * Obey the rules of the road.
- * Learn the proper hand signals (stopping, left, and right turns).
- * Ride only on smooth, paved surfaces.

According to the American Red Cross, 70 percent of Americans have been involved in some type of summer emergency such as dehydration and sunburn. You should limit your outdoor activities to the morning and evening hours, and wear lightweight, light colored, loose-fitting clothing. Body temperature can rise from the normal 98.6°F to 106°F or higher within 10 to 15 minutes. Here are some tips to help you avoid these emergencies:

- * Drink plenty of water. Don't wait until you are thirsty to drink (avoid liquids with sugar - it will cause you to lose more body fluids).
- * Use a fan.
- * On hot days, stay indoors. Many public places like the library, shopping mall, and movie theaters are air conditioned.
- * Wear loose-fitting, lightweight, and light-colored clothing.
- * Use sun screen with an SPF of 15 or higher.

Remember summer is supposed to be the season of fun and adventure. Make sure to keep these tips in mind when you are out enjoying your summer vacation.

Source: American Red Cross www.redcross.org

Chlorine Doesn't Kill All Germs Instantly!

Swimming in a chlorinated pool should be safe and germ-free, right? Well, according to the Centers for Disease Control and Prevention (CDC), chlorine does not kill all germs instantly. There are bacteria and germs that are very tolerant to chlorine and other pool chemicals. Once introduced to pool water, it could take hours to days for chlorine to do its work in killing them. In the meantime, swallowing just a small amount of this water could make you sick.

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 include many different types of infections, including gastrointestinal, skin, ear, respiratory, eye, neurologic, and wound infections. The most commonly reported RWI is diarrhea.

One of the most reported RWIs is Crypto, short for Cryptosporidium. Crypto, a microscopic parasite protected by an outer shell that allows it to survive outside a human host for long periods of time, can stay alive for days even in the best-maintained pools. The shell makes it very tolerant to chlorine disinfection. Symptoms usually present 2 to 10 days after becoming infected and include stomach cramps or pain, dehydration, nausea, vomiting, fever, and weight loss. Severity of illness will vary from person to person, with some not having any symptoms at all. Healthy people will usually recover on their own, without treatment. Diarrhea can be managed by drinking plenty of fluids to prevent dehydration.

- * Protect others by not swimming if you are experiencing diarrhea (this is essential for children in diapers).
- * Shower before entering the water.

* Wash children thoroughly with soap and water after they use the toilet or their diapers are changed and before they enter the water.

* Take children on frequent bathroom breaks, and check their diapers often.

* Change diapers in the bathroom, not at poolside.

* Wash hands with soap and water for at least 20 seconds, rubbing hands vigorously and scrubbing all surfaces:

o Before preparing and eating food

o After using the toilet

o After changing diapers or cleaning up after a child that has used the toilet.

Source: <http://www.cdc.gov/parasites/crypto/prevention.html>

2011 U.S. Measles Cases Highest Since 1996

The United States saw an increase in reported measles cases in 2011, many of which were a result of international travel. From January 1 to June 17, 222 cases of measles were reported to the Centers for Disease Control and Prevention (CDC). This was the highest number reported since an outbreak in 1996.

Most cases (200) were associated with importations from measles-endemic countries or countries where large outbreaks were occurring. Most cases (85%) involved travelers that were unvaccinated or had undocumented vaccination status. 139 cases were unvaccinated or under vaccinated travelers to the U.S. Seventeen outbreaks (three or more linked cases) occurred.

Measles had previously been declared eliminated from the United States in 2000 due to our high two-dose measles vaccine coverage. It is still endemic in many countries, and large outbreaks have recently occurred in Europe (including France, the United Kingdom, Spain, and Switzerland), Africa, and Asia (including India).

Measles is a highly contagious viral illness transmitted by droplets that spray into the air when someone is coughing and/or sneezing. Measles can cause severe health complications, including pneumonia, encephalitis, and death. The measles virus can live on surfaces for up to 2 hours.

The increase in measles cases in the United States and abroad emphasizes the need for high measles vaccine coverage, the ongoing risk of imported cases, and the importance of quick and appropriate public health response to measles cases and outbreaks.

o For those who travel abroad, the CDC recommends that all U.S. residents older than six months be protected from measles and receive MMR vaccine, if needed, prior to departure.

o Infants six through 11 months should receive one dose of MMR vaccine before travelling abroad.

o Children 12 months of age or older should have two doses of MMR vaccine (separated by at least 28 days).

o Teenagers and adults without evidence of measles immunity should have two appropriately-spaced doses of MMR vaccine.

Source: [www.cdc.gov](http://www.cdc.gov/emergency.cdc.gov/han/han00323.asp), emergency.cdc.gov/han/han00323.asp

Links between Oral and General Health: The Mouth as an Early Warning System

Problems in the mouth can signal trouble in other parts of the body. AIDS and osteoporosis are examples.

* Mouth lesions and other oral conditions may be the first sign of HIV infection, and are used to determine the stage of infection and to follow its progression to AIDS.

* Studies in post-menopausal women suggest that bone loss in the lower jaw may precede the skeletal bone loss seen in osteoporosis.

Saliva as a Diagnostic Tool

Saliva, like blood and urine, can be used to detect and measure many compounds in the body. Saliva collection has the advantage of being non-invasive.

* Many medications as well as alcohol, nicotine, cocaine, opiates, and other drugs can be detected and measured in saliva. Hormones and environmental toxins can also be measured in saliva.

* Saliva can be used to detect antibodies against viruses such as HIV and hepatitis A and B, as well as antibodies against bacteria like *Helicobacter pylori*, which causes peptic ulcers.

* Saliva could potentially replace blood testing for diagnosis and monitoring of diseases such as diabetes, Parkinson's disease, alcoholic cirrhosis, and many infectious diseases.

The Mouth as a Source of Infection

The human mouth is home to millions of micro organisms, most of them harmless. Under certain conditions, however, some can cause oral infections such as tooth decay or gum disease. Oral bacteria may also enter the bloodstream if normal protective barriers in the mouth are breached. This can happen as a result of dental treatment or even tooth brushing and flossing. In people with healthy immune systems, the influx of oral bacteria into the bloodstream is harmless. If the immune system is weakened by disease or medical treatments, however, oral bacteria can cause infection in other parts of the body. Infective endocarditis and oral complications of cancer treatments are examples.

* Infective endocarditis occurs when oral bacteria enter the bloodstream and stick to the lining of diseased heart valves.

* Harsh cancer treatments that damage mouth tissues can open the door to debilitating oral infections as well as systemic infections resulting from the spread of oral micro organisms. Others at increased risk for general infections caused by oral bacteria include hospitalized patients unable to practice oral hygiene, patients taking medications that reduce saliva flow, and those taking antibiotics that alter the balance of microorganisms in the mouth.

Oral Infections as Risk Factors

Recent studies point to associations between oral infections – primarily gum infections – and diabetes; heart disease; stroke; and pre-term, low-weight births. To date, there is not enough evidence to conclude that oral infections cause these serious health problems. Research is under way to determine if the associations are causal or coincidental.

For more information, contact:

Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

Division of Oral Health, MS F-10
4770 Buford Highway, NE, Atlanta, GA 30341
1-888-CDC-2306

<http://www.cdc.gov>

National Institute of Dental and Craniofacial Research

National Institutes of Health

Building 45, Room 4AS-19

45 Center Drive MSC 6400, Bethesda, MD 20892-6400

<http://www.nidcr.nih.gov>

Source: <http://www.cdc.gov/OralHealth/factsheets/sgr2000-fs4.htm>

Keep Salmonella Out of Your Kitchen

Each year, one in six Americans gets sick from eating contaminated food – that's 48 million people! Salmonella and other similar diseases cause more than 1,000 food outbreaks a year. One million people get sick from Salmonella alone – causing more hospitalizations and deaths than any other food borne illness. Public health has curbed some of the contamination of food, but we haven't been able to stop it completely.

While a dangerous strain of E. Coli bacteria has seen a 50% decline in cases since 1997, Salmonella infections have not declined. It is a difficult bacteria to control because it is found in such a variety of foods: meats, eggs, fruits, vegetables, and some processed foods, such as peanut butter. Twenty-nine percent of Salmonella cases are associated with poultry.

It's also difficult to stop infection because contamination can happen anywhere – from the fields where the food is grown, to the factories where it is processed, or even right in our own kitchens while we are preparing it.

Salmonella infection can be reduced by:

* Taking strong and specific action to identify and prevent contamination from the farm to the table – a primary lesson learned in reducing E. Coli infection.

* Developing new prevention strategies for the riskiest foods before and after harvesting.

* Enhancing laboratory testing and disease reporting to more quickly identify outbreaks and their causes.

* Investigating outbreaks quickly and alerting consumers and industry of concerns to prevent more illness.

* Creating new policies that focus on preventing food safety problems and address new challenges.

Ensuring food is cooked safely in the home is a good way to prevent Salmonella or other food borne infections.

* Wash hands, cutting boards, utensils, and counter tops.

* Separate raw meat, poultry, and seafood from ready-to-eat foods.

* Use a food thermometer to ensure foods are cooked to a safe internal temperature (145° for whole meats, 160° for ground meats, and 165° for all poultry).

* Keep your refrigerator below 40° and refrigerate foods that will spoil.

* Report suspected illness from food to your local health department.

* Be careful in preparing food for children, pregnant women, those in poor health, and older adults, especially if ill.

Visit www.foodsafety.gov for the latest information and tips on preventing food poisoning.

Source: www.cdc.gov+2011-06-vitalsigns.pdf

Facts You Should Know About Mold

Potential health effects & symptoms associated with mold exposures include allergic reactions, asthma, & other respiratory complaints.

* There is no practical way to eliminate all mold and mold spores in the indoor environment; the way to control indoor mold growth is to control moisture.

* If mold is a problem in your home or school, you must clean up the mold & eliminate sources of moisture.

* Fix the source of the water problem or leak to prevent mold growth.

* Reduce indoor humidity (30-60%) to decrease mold growth by: venting bathrooms, dryers, & other moisture-generating sources to the outside; using air conditioners and dehumidifiers; increasing ventilation; and using exhaust fans whenever cooking, dishwashing, & cleaning.

* In areas where there is a perpetual moisture problem, do not install carpeting (i.e., by drinking fountains, by classroom sinks, or on concrete floors with leaks or frequent condensation).

* Clean & dry any damp or wet building materials & furnishings within 24-48 hours to prevent mold growth. Clean mold off hard surfaces with water & detergent, and dry completely. Absorbent materials such as ceiling tiles, that are moldy, may need to be replaced.

* Prevent condensation: Reduce the potential for condensation on cold surfaces (i.e., windows, piping, exterior walls, roof, or floors) by adding insulation.

* Molds can be found almost anywhere; they can grow on virtually any substance, providing moisture is present. There are molds that can grow on wood, paper, carpet, and foods.

Remember: When excessive moisture or water accumulates indoors, mold growth will often occur, particularly if the moisture problem remains undiscovered or not addressed.

Source: <http://www.epa.gov/iaq/molds/moldresources.html>

Fight The Bite! Prevent Mosquito Bites to Avoid West Nile Viral Infection

When dealing with West Nile virus, prevention is your best bet. Fighting mosquito bites reduces your risk of getting this disease, along with others that mosquitoes can carry. Take the common sense steps below to reduce your risk:

* avoid bites & illness;

* clean out the mosquitoes from your work and play areas;

* help your community control the disease.

Avoid Mosquito Bites

* Apply Insect Repellent Containing either DEET or PICARIDIN (Look for: N, N-diethyl-meta-toluamide or Picaridin KBR 3023 on the label) to exposed skin when you go outdoors. Even a short time being outdoors can be long enough to get a mosquito bite.

* Clothing Can Help Reduce Mosquito Bites. Whenever possible, wear long-sleeves, long pants & socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with repellent containing picaridin, permethrin or DEET will give extra protection. DO NOT apply repellents containing permethrin directly to skin. DO NOT spray repellent containing DEET on the skin under your clothing.

*Mosquito-Proof Your Home

* Drain Standing Water. Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by getting rid of items that hold water.

* Install or Repair Screens. Some mosquitoes like to come indoors. Keep them outside by having well fitting screens on both windows and doors. Offer to help neighbors whose screens might be in bad shape.

Help Your Community

Report Dead Birds to Local Authorities - dead birds may be a sign that West Nile virus is circulating between birds & the mosquitoes in an area. Over 130 species of birds are known to have been infected with West Nile virus, though not all infected birds will die. It is important to remember that birds die from many other causes besides West Nile virus.

Mosquito Control Programs

A source for information about pesticides & repellents is the National Pesticide Information Center at <http://npic.orst.edu/wnv/> or call their toll-free information line: 1-800-858-7378. In Englewood, call the Environmental Health Unit at 201-871-6517.

Clean Up

Mosquito breeding sites can be anywhere. Neighborhood clean up days can be organized by civic or youth organizations to pick up containers from vacant lots & parks, & to encourage people to keep their yards free of standing water. Mosquitoes do not care about fences, so it is important to control breeding sites throughout the neighborhood.

Source: www.cdc.gov

For additional “Common Sense Rules for Using Mosquito Repellents”, visit www.mosquito.org

Have a fun and SAFE summer!

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