



The Englewood Health Watch

El Observador de Salud de Englewood

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December Safe Toys and Gifts Month



Selecting Safe Toys for Your Child

The holiday season is the time when most toys and games are purchased. Here are some tips from the National Safe Kids Campaign for buying safe toys for children:

- * When selecting toys, consider the child's age, interests and skill level. Look for quality design and construction, and follow age and safety recommendations on labels.
- * Consider purchasing a small parts tester to determine whether small toys may present a choking hazard to children under age 3. Small parts testers can be purchased at toy or baby specialty stores.
- * Toys are frequently recalled for safety reasons. Check the National Safe Kids Campaign website www.safekids.org for updates and information on recent toy recalls.
- * Use mylar balloons instead of latex to eliminate the risk of choking or latex allergy reaction.
- * Avoid toys with sharp points or edges, toys that produce loud noises, and projectiles (such as darts).
- * Avoid toys with strings, straps or cords longer than 7 inches that may pose a risk for strangulation for young children.
- * Avoid electrical toys with heating elements for children under age 8.
- * Avoid cap guns that use caps that can be ignited by the slightest friction and can cause serious burns.

Other Tips to Keep Children Safe From Toy-Related Injuries

- * Inspect toys regularly for damage and potential hazards such as sharp edges. Make any necessary repairs immediately, or discard damaged toys out of children's reach.
- * Supervise your children to keep them safe from toy-related injuries. Get involved and actively play with your children rather than watching from a distance.
- * Make sure toys are used in a safe environment.
- * Teach children to put toys away safely after playing.

Source: National Safe Kids Campaign, www.safekids.org

CVS Caremark Discount Rx Program

The National League of Cities and the City of Englewood have a new program to help you save money on prescription medicines not covered by insurance.

The City of Englewood Prescription Discount Card is available to **all** City residents free of charge and can help you save an average of 20% off the price of commonly prescribed medications at participating pharmacies.

To learn more about where you can pick-up the card and what pharmacies participate in the network, call 1-800-620-1749, or visit www.caremark.com/nic.

Holiday Drinking and Driving Don't Mix!

With the holiday season right around the corner, we consider this to be one of the merriest times of the year. It's a time for family gatherings, office parties, and cheer. But it's also one of the most dangerous, and can be one of the deadliest times of year due to a greater chance of drunk driving occurring.



During the holiday season between Thanksgiving to Christmas and right on up to New Year's, more alcohol-impaired drivers get behind the wheel than at any other time of the year. Since many motorists don't realize that just one drink can impair their judgment and motor skills, they risk lives and make driving conditions dangerous for everyone.

In 2008, an estimated 11,773 people died in drunk driving crashes involving a driver with an illegal BAC level (.08 or greater). These deaths constitute 31.6% of the 37,261 total traffic fatalities in 2008. (Source: NHTSA, 2009). So before the holiday season rolls in and the drinks start flowing, following are some of these extra precautions that can not only keep you the life of the party but can also save your life:

- * Designate a non-drinking driver beforehand, if possible.
- * Arrange for a sober friend or family member to pick you up-or call for a taxi if you don't have a designated driver.
- * Plan to give the host your car keys to reduce the likelihood you'll drive under the influence.
- * Use alternative transportation provided to the public free of charge during the holiday season.
- * If you can't find a ride ahead of time, don't panic. If all else fails, arrange to spend the night at your host's home. Most will understand, and would rather have you camp on their couch or floor than take unnecessary chances.

Drunk driving or impaired driving is serious. So if you're planning on having a couple glasses of eggnog this holiday season, don't risk your life and the lives of others. Instead, make a plan BEFORE you get behind the wheel-and stick with it.

Sources: www.madd.org

Holiday Diabetes Management

November was American Diabetes Month, a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control. For years, the American Diabetes Association used this month as an opportunity to raise awareness of the disease and its serious complications. It isn't too late to join the American Diabetes Association in its a national movement to Stop Diabetes(SM) – help us confront it, fight it, and most importantly, stop it.

A movement is an idea that gains momentum one person at a time. Stopping Diabetes will take courage, hope, and commitment. The holiday season is a particularly difficult time for many to manage diabetes, as families and friends gather for celebrations. We hope that these tips and reminders will be helpful.

Sharing: Inspire others to join the movement by sharing your personal story.

Acting: Whether you want to run, walk, bike or simply tell a friend, there will be many ways to help us build momentum for the Stop Diabetes movement.

Learning: The American Diabetes Association has many resources throughout the country to help Stop Diabetes. If you, or a loved one, already have diabetes or are at risk for developing it, we can provide medical, lifestyle and motivational information to prevent this disease from taking control of your life and the lives of those around you. **Giving:** Sign up with your local American Diabetes Association office to help raise money for diabetes research, federal and state advocacy and public education.

Prevalence

- Nearly 24 million people have type 1 or type 2 diabetes.
- Another 57 million people have pre-diabetes and are at risk for developing type 2 diabetes.
- One out of every 3 children will face a future with diabetes if current trends continue.

The Toll on Health

- The death rate from diabetes continues to climb. Since 1987, the death rate due to diabetes has increased by 45%, while the death rates due to cancer, heart disease, and stroke have declined.
- About 60-70% of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction, and other nerve problems.
- The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.
- Two out of three people with diabetes die from heart disease or stroke.
- Diabetes is the leading cause of new cases of blindness among adults.
- Diabetes is the leading cause of kidney failure.

Cost of Diabetes

The total national cost of diagnosed diabetes in the United States is \$174 billion.

* Direct medical costs reach \$116 billion, and the average medical expenditure among people with diabetes is 2.3 times higher than those without the disease.

* Indirect costs amount to \$58 billion (disability, work loss, premature mortality). · The cost of caring for someone with diabetes is \$1 out of every \$5 in total healthcare costs.

For more information in English and Spanish call 1-800-DIABETES or visit

Source: www.diabetes.org

Noro-Virus: “The 24-Hour Stomach Virus”

One of the most common winter ailments is the “24-48 hour stomach virus”. This virus, specifically called Norovirus, is a highly contagious and easily transmissible illness. This article will inform you about

symptoms, how it is spread, and how to decrease your chance of contracting this illness.

The symptoms of Norovirus, nausea, vomiting, diarrhea and some cramping in the abdomen, often have sudden onset. These symptoms are sometimes accompanied by a low-grade fever, chills, headache and muscle ache. This illness is usually self-limiting and symptoms typically subside within 1-2 days.

A person may become infected with Norovirus in different ways, but they must come in contact with particles from infected vomit or stool. Norovirus may be passed by eating food or drink contaminated with the virus, touching contaminated objects or surfaces then touching the mouth, or having direct contact with a person with the illness, such as caring for them, or by sharing food or eating utensils. Persons that are ill with Norovirus are contagious the moment they begin feeling ill and will remain contagious for at least three days after symptoms subside.

The biggest risk of Norovirus is dehydration due to vomiting and diarrhea. The young and elderly must monitor how much fluids are being taken in and be aware of symptoms of dehydration such as less frequent urination, headache, dry mouth and throat, and dizziness upon standing.

To reduce your risk of contracting Norovirus, frequently wash your hands, especially after using the bathroom and before preparing foods, thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness using a bleach-based disinfectant, immediately remove and wash any contaminated linens and towels, and flush or discard any stool or vomit immediately and clean and sanitize the surrounding area.

Health Department’s 2010 Rabies Clinics

Our 2010 Rabies Vaccination Clinics, for dogs and cats, have been scheduled as follows:

Saturday, February 27th - 11 a.m. to 1 p.m.

Thursday, April 22nd - 6 p.m. to 7 p.m.

2010 Pet License Renewals

License renewal notices will be mailed at the end of December, with detailed rabies clinic information. Please remember that ALL licenses must be renewed BEFORE March 1st to avoid late fees and possible summonses.

FINAL REMINDER

Snail mail copies of this newsletter are coming to an end UNLESS YOU NOTIFY US that you wish to continue receiving your copy by U. S. Mail.

Please return the cut-off form provided in our last newsletter, or telephone our staff at 201-871-6505 and tell them not to delete your name!

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