



The Englewood Health Watch

El Observador de Salud de Englewood

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Preventing and Managing Extreme Heat

According to the Centers for Disease Control and Prevention, heat kills more people than floods, lightning, tornadoes, and hurricanes combined. Heat is deadly in urban areas where the asphalt, tar roofs, and brick buildings radiate heat like a slow burning furnace. In such situations, the elderly, infants and young children, and people with chronic health problems are more at risk.

The body cools itself by sweating. Evaporation of moisture has a cooling effect. High humidity reduces this evaporation and hinders the body's ability to cool itself.

Heat Disorders

- * Heat cramps: painful spasms in legs or abdominal muscles.
- * Heat exhaustion: occurs when people work or exercise intensely in a warm and humid place. Body fluids are lost due to heavy sweating, and blood flow to the skin increases.
- * Heatstroke/Sunstroke is a LIFE THREATENING medical emergency. The body's temperature control system is turned off and the body stops producing sweat. Do not give fluids to a heatstroke person; reduce body temperature with a cool bath or sponging.

During a Heat Emergency

- * Stay indoors, in an air-conditioned place, and limit exposure to the sun. If you do not have air-conditioning, go to a library or the mall, or any designated cooling center.
- * Drink plenty of fluids. Avoid drinks that contain alcohol or large amounts of sugar. People on a fluid-restricted diet, or with fluid retention problems, should consult with their physicians.
- * Wear appropriate clothing (light-colored, light weight, and loose-fitting) and sunscreen at least SPF 15.
- * Protect face and head by wearing a wide-brimmed hat.
- * Avoid strenuous work or exercise during the warmest part of the day.
- * Use a buddy system. Monitor your co-workers if working in the heat. Check on family, friends, and neighbors who do not have air-conditioning and spend much of their time alone.
- * Monitor those at risk: infants, children, elderly, overweight people, people with heart disease, high blood pressure, depression, insomnia, poor circulation.
- * Never leave children or pets alone in closed vehicles.



REMEMBER TO KEEP COOL AND
USE COMMON SENSE!!!

Englewood Cooling Centers

GET OUT OF THE HEAT!

Exposure to extreme heat can be life threatening. Finding a place to cool off can make all the difference.

Cooling Centers are for everyone, especially those at risk of suffering from a heat-related illness:

- * Senior citizens
- * People with a medical condition
- * People with a disability
- * Infants and young children

On unusually hot summer days, a Cooling Center is a place where you can go to cool off. Please call the Cooling Center nearest you for hours of operation during hot weather, the

Englewood Health Department during the day at 201-568-3450, or the Englewood Police Department during the evening and weekends at 201-568-2711.

Cooling Centers in Englewood include:

* Englewood Municipal Court at 75 South Van Brunt Street, 201-569-0255

* Englewood Public Library at 31 Engle Street, 201-871-6668

Be Safe in the Heat!

- * Stay hydrated
- * Go to a cool place or a mall
- * Plan ahead - Check the weather forecast

Salmonella Saintpaul Tomato Outbreak

The Salmonella serotype Saintpaul is an uncommon type of salmonella. Last year, only three people were infected with this strain. The outbreak was first noted on June 4, and the investigation is ongoing to determine the source. The reports of several cases throughout the country would indicate that the tomatoes have been distributed nationwide.

According to the CDC (as of 07/11/08), 1,065 persons in 42 states have been infected with the same strain since mid-April. Patients range from age 1 to 82 years, with 4 cases in NJ. The outbreak seems to be related to certain **raw** plum, red Roma and red round tomatoes and products containing them. Cherry tomatoes and others on the vine, and tomatoes grown at home are safe to eat. Since 1990 there have been 13 multi-state outbreaks of salmonella related to tomatoes, jalapeno peppers, cilantro and serrano peppers. Fresh produce comes from far-away states and countries, and with globalization such a scenario will more likely repeat itself.

The offending produce has been pulled off the shelves, consumers have been warned, and restaurants and food service operators have been advised not to serve/sell products made with the three identified tomato varieties unless they were certain that the fruit was grown in approved states, including California.

"Preliminary information suggests that the tomatoes may have come from Mexico, though the FDA's investigation does not confirm that," said Deborah Busemeyer, a spokeswoman for the New Mexico Department of Health.

Transmission

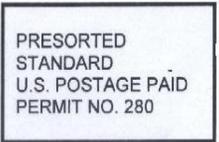
Salmonella live in the intestine of both humans and animals, including birds and reptiles. It is transmitted through foods contaminated with feces.

Clinical Features

The salmonella bacterium causes fever, diarrhea, nausea, vomiting and abdominal pain, and is blamed for about 600 deaths each year, according to health officials. The disease usually lasts 4 to 7 days. Most people recover without treatment. Infants, young children, the frail or elderly, and people with an impaired immune system are more at risk to develop severe illnesses.

Prevention

- * Refrigerate within 2 hours or discard cut, peeled, or cooked tomatoes
- * Avoid purchasing bruised or damaged tomatoes and discard any that appear spoiled.
- * Thoroughly wash tomatoes under running water.
- * Keep tomatoes that will be consumed raw separate from raw meats, raw seafood, and raw produce items.
- * Poultry and meat should be well-cooked, not pink in the middle.



* Utensils, cutting boards, and knives must be washed thoroughly with hot water and soap after touching uncooked foods.

* Uncooked meats must be kept separate from produce, cooked food, and ready-to-eat foods.

HELP US

In order to be prepared for an emergency, such as the need to evacuate or provide food or first aid, we are asking for your assistance. If you personally know of an Englewood resident who is homebound, living alone, and would need help in such an emergency, *please....*

Give us a call. Provide us with their name and address (and phone number if possible).

This information will be used only by First Responder Personnel in the event of an emergency.

Getting Copies of Vital Records

The State Bureau of Vital Statistics and Registration maintains vital records from 1878 to the present. Vital Records are also available from Local Registrars in the municipality where the event occurred. For copies of vital records from 1848 to 1877, visit the NJ Dept. of State, Div. of Archives and Records Management web page or call (609) 292-6260.

Types of copies:

· **Certified copies** have the raised seal of the issuing office and are always issued on the State of NJ safety paper. These may be used to establish identity and are legal documents.

· **Certifications** are issued on plain paper with no seal and clearly indicate they are not valid for establishing identity or for legal purposes. They are generally only useful for genealogy.

· **An Apostille Seal** is an additional seal required for certain certified records that will be presented to a foreign government that is a member of the Hague Treaty. It is also often required on documents for international adoptions. Contact the consulate of the country involved to learn more.

To get a record with an Apostille Seal, first obtain a certified copy of the vital record from the State Bureau of Vital Statistics and Registration. Indicate on your application that it will need an Apostille Seal, and you will receive a certified copy of the vital record with the original signature of the State Registrar or Assistant State Registrar. You must forward this document to the NJ Department of Treasury, which issues the Apostille Seal.

To get a copy of a vital record, you must submit:

- A completed application
- A copy of the proof(s) of your identity
- The correct fee
- Proof of your relationship to the person listed on the requested record (for certified copies)

Additional information is available on our website at www.cityofenglewood.org/health_vital_records.html

Pool Hygiene Safety Tips

- * Practice proper hygiene before and after swimming, such as showering and thorough hand washing.
- * Wash and dry hands thoroughly after using the toilet.
- * Take children on frequent bathroom breaks.
- * Children who are not toilet trained should wear tightly fitted plastic or rubber pants/nappies, recommended for swimming by the manufacturer.
- * Do not let children swim if they have diarrhoea.
- * Do not swallow the water, and try to avoid getting pool water in your mouth.
- * Do not wear contact lenses while swimming to avoid infections from micro-organisms in the water.
- * Test the water daily with an inexpensive, easy-to-use kit available from a pool supply store.

The Englewood Health Department
would like to thank all the participants of
GET FIT ENGLEWOOD
for making it such a success

The three top prize winners are

| | (Steps Walked) |
|----------------|----------------|
| Dian Robertson | 75,984 |
| Henry McNeil | 63,249 |
| Geneva Warrick | 39,800 |

Great Job!

Our heartfelt condolences and prayers to the family of Mrs. Mary Walker, who served this community as a Public Health Nurse for 22 years. We acknowledge her distinctive service and dedication to Englewood.