The Englewood Health Watch

El Observador de Salud de Englewood

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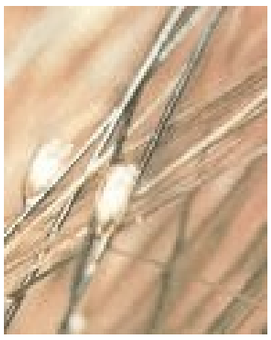
Head Lice

Definition: Pediculus humanus capitis is the parasitic insect that causes the disease or infestation. It is found on the head, eyebrows, eyelashes, behind the ears, and near the neckline at the back of the head. The insect feeds on human blood and lives close to the scalp. Head lice do not transmit any disease and are not considered a health hazard.

Disease: Itching is the most common symptom of infestation, caused by an allergic reaction to the louse bites. Other symptoms include tickling feeling or a sensation of something moving on the hair, irritability and sleepiness, sores on the head because of scratching. These sores can become infected.

Epidemiology: Head lice infestation is worldwide. In the United States, preschool and elementary school children, 3 to 11 years of age, are most often infested. Females are more often infested than males. Getting head lice is not related to the cleanliness of a person or their environment.

Transmission: It is transmitted from head-to-head contact with an already infested individual during play at school, at home, during sports activities, or elsewhere (slumber parties, playgrounds, and camp). Head lice may be spread by sharing clothing (hats, scarves, coats) and other articles (barrettes, hair ribbons, brushes, combs, towels, stuffed animals). It can also be contracted by lying on a bed, couch, pillow, or carpet that has been in contact with an infested person.



Diagnosis: The condition is easiest to diagnose by finding a live nymph or adult louse on the scalp or hair of the infested person. Head lice and nits can be seen with the naked eye. Use of a magnifying lens may be necessary to find crawling lice or to identify a developing nymph inside a viable nit.

Treatment and Prevention: Active infestation must be treated. All household members and other close contacts should be checked and treated if infested. Prophylactic treatment is recommended for persons sharing the same bed. All infested individuals, close contacts, and bedmates must be treated at the same time. Additional non-pharmacologic measures are required to eliminate a head lice infestation. Personal articles and clothing – such as hats, scarves, pillow cases, bedding, towels – must be machine washed and dried with hot water and hot air cycles. Soak combs and brushes in hot water for 5 to 10 minutes. Lice and eggs are killed by 5-minute exposure to temperatures greater than 53.3º C (128.3º F).

Vacuum the floor and furniture where the infested person sat or lay.

Parents should examine their child's head, particularly behind the ears and the nape of the neck. Follow all treatment instructions and steps carefully. If your child has an active infestation, please notify parents of your child's playmates, and their school or child care facility. Children may return to school or child care facility after appropriate treatment is started.

Vaccinations & Travel: A Checklist from CDC

Have you scheduled a visit to your doctor or a travel medicine provider?

Ideally, set up one up 4 to 6 weeks before your trip.

Most vaccines take time to become effective in your body and some vaccines must be given in a series over a period of days or sometimes weeks.

If it is less than 4 weeks before you leave, you should still see your doctor. You might still benefit from shots or medications and other information about how to protect yourself from illness and injury while traveling.

Are you aware of which types of vaccinations you or those traveling with you may need?

CDC divides vaccines for travel into three categories: routine, recommended, and required. While your doctor will tell you which ones you should have, it's best to be aware of them ahead of time.

Routine Vaccinations

Be sure that you and your family are up to date on your routine vaccinations. These vaccines are necessary for protection from diseases that are still common in many parts of the world even though they rarely occur in the United States. Routine vaccination schedules are available on the CDC website.

Recommended Vaccinations

These vaccines are recommended to protect travelers from illnesses present in other parts of the world and to prevent the importation of infectious diseases across international borders. Which vaccinations you need depends on a number of factors including your destination, whether you will be spending time in rural areas, the season of the year you are traveling, your age, health status, and previous immunizations.

See the CDC destinations page and look up the country or countries you will visit.

Required Vaccinations

The only vaccine required by International Health Regulations is yellow fever vaccination for travel to certain countries in sub-Saharan Africa and tropical South America. Meningococcal vaccination is required by the government of Saudi Arabia for annual travel during the Hajj.

Are you pregnant or breastfeeding?

Read the Immunizations section of Pregnancy, Breast-Feeding, and Travel in Health Information for International Travel on the CDC website or take a copy to your doctor.

Are you traveling with infants or children?

Read the Vaccine Recommendations for Infants and Children section in *Health Information for International Travel* or take a copy to your doctor.

While many travel health issues for adults also apply to infants and children, they also have special needs that are to be considered when they travel. Don't forget to read about general health information for travel with infants and young children.

If you have not looked up the CDC health information that applies to your specific travel destinations, do so now.

Search by region or see the Destinations page to find the country or countries you will visit.

There may be other health information you should know to help prepare you for your trip, such as food and water safety, avoiding insects, and more.

Source: www.cdc.gov

Car Maintenance & Gas Savings

Transportation accounts for 66% of U.S. oil use – mainly in the form of gasoline. Luckily there are many ways to improve gas mileage. Here are some tips to get the most out of your gas dollar.

1. Avoid idling. Idling gets you 0 miles per gallon. The best way to warm up your car is DRIVE it. No more than 30 seconds of idling is needed. Anything more simply wastes fuel and increases emissions.

2. Go the speed limit and use cruise control. Speeding above 60 mph and rapid acceleration wastes gas. You can get up to 20 percent more mpg traveling 55 mph than 70 mph. Using cruise control helps you maintain a constant speed and provides additional gas savings.

3. Drive evenly – Avoid hard stops. Quick starts burn gas while hard stops also cost you. Take your foot off the accelerator and coast a bit before stopping for a traffic light or a stop sign.

4. Open windows at slow speeds, and use the A/C on highways. Around town, turn the A/C off and roll down the windows. On the highway, open windows create drag speeds of 40 mph or more, so close them and use the air when necessary.

5. Remove junk from your trunk. Added weight in your vehicle affects fuel economy by decreasing gas mileage.

6. Avoid roof rack cargo. About one quarter of each gallon of gas is needed to overcome wind resistance.

7. Fill up when it's cool and before holidays. Cooler temperatures in the early morning or late evening create fewer vapors. Also, a fill-up three days before a holiday will help you save on the inflated per-gallon price at the pump.

8. Don't "top off" gas, and tighten the cap. When buying gas, stop when the pump shuts off automatically. And remember, your tank needs both fuel and fumes, so tighten the gas cap after every fill-up.

9. Combine errands in one trip. Several short trips, each taken from a cold start, can use twice as much fuel as one trip covering the same distance when the engine is warm.

10. Keep your car properly maintained. Use the motor oil recommended by the manufacturer. Keep tires properly inflated and aligned to improve gas mileage by about 4%. Get regular tune-ups and replace clogged air filters to improve mileage by as much as 10% while protecting your engine.

Lastly, check into car-pooling and public transportation to cut mileage and car maintenance costs.

Source: U.S. Department of Energy & GM Goodwrench

Good Food Starts With A Clean Kitchen

Foodborne illnesses are caused by eating or drinking contaminated food. The symptoms often affect the stomach and intestines, causing an uncomfortable and weakening experience. Germs that cause food illnesses can not be seen, which is why cleaning practices are so important in restaurants and homes. All food contact surfaces must be washed, rinsed and sanitized.

(a) Wash dishes, utensils, cookware, cutting boards, appliances and cooking surfaces with hot, soapy water to remove visible soil.

(b) Thoroughly rinse off soap and film.

(c) Use regular chlorine bleach to sanitize the rinsed items. Regular chlorine bleach, diluted in water, is an easy-to-use germ killer.

For non-porous surfaces (i.e. tile, metal, and hard plastic) use 1 tablespoon liquid bleach per gallon of water (200pm). Leave wet for 2 minutes, then air dry.

Porous surfaces (i.e. wood, rubber, or soft plastic) use 3 tablespoons liquid bleach per gallon of water (600pm). Leave wet for 2 minutes, then air dry.

Planting on or near My Sewage System

While it is best to plant nothing but grass over your leaching tile field, it is not always convenient. Several questions are posed to our office each year regarding this issue. One common question is: What about planting trees in my leaching field? Will the tree roots cause a problem?

The answer depends on what materials were used in the construction of the leaching tile field. If plastic pipe and washed gravel or gravel-less pipe was used, then tree roots are not likely to cause a problem. Even in this scenario, we recommend that only small ornamental, fruit, or evergreen trees be used. If the tile field was constructed with the old clay tile, butted up against each other, then the tree roots will likely infiltrate and clog the leaching field.

The other most common question is: Can I plant a garden over my leaching tile field? The answer here is yes, most vegetable plants will do well with no adverse health effects. You do not want to plant any "root-type" vegetables such as potatoes, carrots, onions, etc. as the vegetable might come into contact with sewage and human pathogens. Vegetables such as tomatoes, beans, and peppers do not represent any kind of a potential problem.

If you have further questions regarding your private sewage system, you are urged to contact the Environmental Health Unit at 201-568-3450.

ANNUAL FLU/PNEUMONIA VACCINATION CLINIC

Friday, October 24th
9 a.m. to 11 a.m.
Municipal Court

Friday, November 21st
10 a.m. to 11 a.m.
Health Department

Englewood Residents

- **Seniors (age 65+) with Medicare B card & ID**
- **Chronically Ill with note from their physician indicating reason/need for vaccination (ID & payment required)**

City of Englewood employees with ID

Fee for Non-Medicare
Influenza – $10 Pneumonia – $20