

S U M M E R 2 0 1 5

the

Health Source

A newsletter from the Freehold Area Health Department in collaboration with the Monmouth Public Health Consortium (MPHC)*



Traveler's Health

Are you planning on taking a vacation or getting away for the weekend? If so, you may want to visit Centers for Disease Control and Prevention (CDC) travelers' health webpage at www.cdc.gov. There is a wide array of information regarding travelling that is destination-specific. Find out what vaccines are recommended before travelling to different parts of the world, if there are any travel notices issued which inform travelers and clinicians about current health issues related to specific destinations and much more.

You may not be able to prevent every illness or injury, but you can plan ahead to be able to deal with them. Remember to travel safe and travel smart.



Beat the Heat

Here are some tips for preventing heat-related illnesses:

- Stay in an air-conditioned indoor location
- Drink plenty of liquids (non-alcoholic) regardless of activity level.
- Wear loose, light-weight, light colored clothing and sunscreen
- Schedule outdoor activities carefully (early morning and late afternoon or evening is best)
- Take cool showers or baths to cool down
- Check on friends and neighbors, especially elderly, and have someone do the same for you and your family
- NEVER leave anyone or a pet in a closed parked vehicle

Health Observances!

UV Safety Month

July

Raises awareness of the serious health problems ultraviolet (UV) radiation can cause.

Eye Exam Month

August

A month dedicated to the importance of eye health and safety.

National Immunization Awareness Month

August

Encouraging all people to protect their health by being immunized against infectious diseases

Annual National Family Health & Fitness Day™

September 26

A health and fitness event for families that promotes family involvement in physical activities

Keep Safe in the Sun

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these tips to help protect yourself and your family.

Hat

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.



Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.



Sunscreen

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Get help for hard-to-reach places like your back. Remember, sunscreen works best when combined with other options to prevent UV damage.

How sunscreen works. Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPF. Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

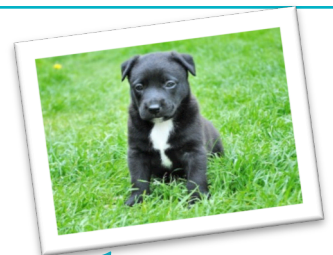
Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Cosmetics. Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves.

Clothing

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors.

If wearing this type of clothing is not practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.



Reasons to Get Your Dog Licensed

We know that your dog or cat is like family. If your family member gets lost or goes missing you would be devastated. Registering your dog with the Freehold Health Department will increase your chance of getting him or her back. If that isn't reason enough for you to properly register your dog, here are a few more reasons you should:

1. **Licensing lets people know that your dog has been properly vaccinated.** Rabies vaccinations are a required part of dog licensing. Should your dog go missing, a good Samaritan will be much more likely to handle and care for your missing pup if they know that it is healthy and sans rabies.
2. **Licensing can help reunite a dog and its owner in case of separation during an emergency.** Should your dog be brought to a shelter or a rescue organization finds him wandering the streets, they can look up its license identifying number which is connected to your contact information. Dogs that are licensed tend to be kept at the shelter longer than unlicensed dogs, which can be euthanized if their owners do not quickly claim them.
3. **License fees support the efforts of many local animal shelters.** By paying for properly ID'ing your dog you are helping to provide sheltering services for stray dogs and cats in the community. Strays can cause problems when they become aggressive or carry diseases.
4. **The cost of the fee is less than the fine.** Fines may include court fees, penalty fees and other surcharges that can run over \$100. Whereas a licensing fee starts at \$11 for each dog, per year. There is an additional \$5 late charge (after January 1) and additional \$4 fee for a non-spayed/unneutered dog. Three year licensing is also available.
5. **It's the law.** The owners of all dogs seven months of age or older are required to annually apply to the licensing clerk of the municipality in which he or she resides for a dog license. In order for the license to be issued, the owner must present proof that a licensed veterinarian has vaccinated the dog against rabies and that the duration of immunity from that vaccination extends through at least ten months of the twelve-month licensing period.

For more info visit: <http://twp.freehold.nj.us/health>.

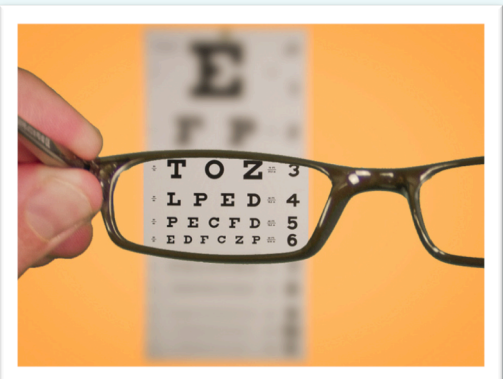


Photo by: Ken Teegardin

Free Eye Screening

In partnership with the New Jersey Commission for The Blind and Visually Impaired, our friends at the Monmouth County Health Department offers a **free eye screening** clinic for all Monmouth County residents ages 3 and up. The clinics are held on: the second Monday of each month, from 2:00 – 6:00 p.m.

The clinic is for eye health, visual acuity and glaucoma. Other health services are also provided during the clinic.

Call to make an appointment:
Monmouth County Health Department 3435 Highway 9, Freehold, NJ
(732) 431-7456

What You Need to Know About Ticks and Lyme Disease

Summer has finally arrived—the season of outdoor activities and events—and while the warmer weather is long-awaited, the emerging ticks and mosquitoes are certainly not. These insects are not only pests, but can spread disease. Ticks can transmit Lyme disease, Ehrlichiosis and Rocky Mountain spotted fever; mosquitoes can carry West Nile Virus, Eastern Equine Encephalitis, and St. Louis Encephalitis. People who spend a lot of time outdoors have a greater risk of becoming infected. Early signs of tick and mosquito-borne diseases typically include skin rash, general tiredness, fever, headache and muscle aches. However, most people who become infected with mosquito-borne diseases do not become ill or show symptoms.



Image source: asiantown.net



Despite the nuisance and threat of disease, ticks and mosquitoes do not have to put a damper on outdoor summer fun. The most effective way to avoid Lyme disease, West Nile Virus and other diseases is to prevent bug bites and reduce mosquito habitats. Protective measures include using insect repellent while outside, wearing long sleeves and pants when weather permits, avoiding wooded areas with dense shrubs, high grass and lots of leaves, installing and repairing window screens, and regularly removing standing water from yards.

For more information on tick and mosquito-borne diseases and prevention strategies, visit the following websites:

- NJDOH CDS Vector Borne Illness: <http://www.state.nj.us/health/cd/izdp/vbi.shtml>
- CDC Avoid Bug Bites: <http://wwwnc.cdc.gov/travel/page/avoid-bug-bites>
- Insect Repellents—Reducing Insect Bites: <http://www2.epa.gov/insect-repellents>

To connect with the Monmouth County Mosquito Control Division, please call (732) 542-3630 or visit their website: <http://www.visitmonmouth.com> .

Stay Current!

Want to get all the latest public health news and alerts.
Visit our website at <http://twp.freehold.nj.us/health>.



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*The following local health departments form the Monmouth Public Health Consortium:

Colts Neck - Thomas Frank, HO

Freehold - Margaret Jahn, HO

Long Branch - David Roach, HO

Manalapan - W. David Richardson, HO

Monmouth County Regional Health Commission – David Henry, HO