



Public Health FOCUS

July/August 2016

News from the Somerset County Department of Health

Choose Your Cover

Summer is the perfect time to enjoy the outdoors, but it's also important to remember to protect your skin while outside. The sun's ultraviolet (UV) rays can damage skin in as little as 15 minutes. UV rays are the strongest from 10 a.m. and 4 p.m., and especially during the summer months. Keep in mind, the sun's UV rays can reach us on days where it's cloudy or hazy days, as well as on those bright, sunny days. The sun's rays can also reflect off water, cement, snow and sand!

"Choose Your Cover" is a free statewide skin cancer screening program, promoting sun safety and the early detection of skin cancer. Skin Cancer is the most common form of cancer in New Jersey. Overexposure to sunlight is one of the most preventable risk factors for all types of skin cancer, which is why it is important to "choose your cover" and reduce your risk accordingly.

SUNSCREEN



Make sure to bring your sunscreen everywhere you go, not only to the beach or pool. Choose a sunscreen that has a sun protection factor (SPF) of at least 30. Make sure to reapply every two hours and after swimming, sweating and toweling off.

SHADE

Seeking shade under an umbrella, tree, or tent can provide relief from the sun and reduce your risk of skin damage and skin cancer. These are just some options you can use to prevent a burn.



HAT



For the best protection, wear a wide-brimmed hat to shade your face, ears, scalp, and neck from the sun's rays. If you wear a baseball cap, make sure to apply sunscreen to the ears and neck, because they will be exposed to the sun.

CLOTHING



Shield your skin from the sun by wearing long pants, and long sleeves. If that's not possible, wear a t-shirt or cover-up to provide some protection. T-shirts may vary in their UV protection, due to the fabric type and color.

SUNGLASSES

Your eyes need protecting too! Sunglasses that block both ultraviolet A (UVA) and ultraviolet B (UVB) rays will provide you with the best protection. Wearing sunglasses are important to protect against cataracts and the skin damage around the eyes, Wrap-around lenses, can keep those UV rays from sneaking in at the sides!



For more information on sun safety, visit: http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

SCDOH in Action!

The Morris-Somerset Regional Chronic Disease Coalition partners with towns to provide the "Choose Your Cover" program. For more information on RCDC, visit: www.co.somerset.nj.us/health



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Going away this summer?

Stay safe and healthy before, during, and after traveling

Summer is that time when many people are traveling for vacation, business, or to visit friends and family. This information will help you before, during and after your trip, to ensure that you stay safe and healthy!

BE PROACTIVE!

- ✓ Learn about the destination you are going to
- ✓ Visit your doctor and ask him/her about what vaccines and medicines are recommended for your trip
- ✓ Think about your current health status. Are you okay to travel? Do you have any special health needs?



BE PREPARED!



- ✓ Make sure you have your passport & other travel documents. Pack a travel health kit with medications, insect repellent, sunscreen, first aid supplies, etc.
- ✓ Learn the signs of symptoms of illness & consider purchasing health insurance while traveling.
- ✓ Know what to do if you become sick or injured during your trip.
- ✓ Know & share contact info with family & friends—check in with them during your trip.

BE PROTECTED!



- ✓ Use sunscreen with both UVA & UVB protection
- ✓ Prevent mosquitoes & tick bites by using insect repellent
- ✓ Be careful about food & water. In some countries, you should only drink bottled water.
- ✓ Follow the laws & customs of the place you're visiting.
- ✓ Wear protective gear when doing adventurous activities
- ✓ Make sure an adult is watching kids at all times & pay attention to their health & safety.

Information from www.cdc.gov

Zika Virus & Travel

PACK TO PREVENT

- ✓ Insect repellent (Look for these ingredients: **DEET, picaridin, IR3535, OLE, or PMD.**)
- ✓ Long-sleeved shirts and long pants
- ✓ Clothing and gear treated with permethrin
- ✓ Infant carrier mosquito net (if needed)
- ✓ Bed net (if mosquitoes can get to where you're sleeping)
- ✓ Condoms (if you might have sex)

PROTECT YOURSELF

- ✓ Use insect repellent. Reapply as directed. Remember to apply sunscreen first and then insect repellent. If you are traveling with children, adults should apply the bug spray on their skin.
- ✓ Cover exposed skin when possible.
- ✓ Choose hotel rooms that have air conditioning or good window/door screens so bugs can't get inside. Use a bed net if you're sleeping outside.

STOP THE SPREAD

- ✓ Watch for symptoms (red eyes, fever, joint pain and a rash) after you get home.
- ✓ Call your doctor immediately if you suspect Zika.
- ✓ Use insect repellent for 3 weeks after travel.
- ✓ Use condoms when you have sex.
- ✓ If you are pregnant, consider postponing travel. If you need to travel to an area with Zika, talk to your doctor and take steps to prevent mosquito bites.

Check if the destination you are traveling to has Zika, at <http://www.cdc.gov/zika/geo/index.html>

SCDOH in Action!

SCDOH has launched the "Fight the Bite" program, providing community presentations about how residents can protect themselves from mosquito bites.



Petting Zoo Health

Staying healthy at animal exhibits

With summer comes petting zoos, and fairs that allow children of all ages to have the thrilling experience of coming face to face with animals. This interaction allows people to learn more about animals and helps to build an important human-animal bond.

While enjoying a visit with the animals, it is important to remember that animals sometimes carry germs that are harmful to humans. Many people become sick every year because of a visit to an animal exhibit. When people forget to wash their hands after petting an animal or bring food into an area where animals are being housed, they are at risk for becoming ill.

It's important to remember that farm animals are not like house pets and do not have places to rest or eat that are away from where they pass manure.

In order to have a safe and healthy experience, make sure you take these necessary precautions to prevent any sickness.

Wash your hands often



- Find out where hand washing stations are at the event
- Wash your hands right after petting animals or touching the animal cages/fences and items within the animal area such as buckets, feed and straw bedding.

Handwashing is the single most important prevention step for reducing disease transmission.



- Even if you did not touch an animal, always wash your hands after exiting the animal enclosure.
- Wash your hands with soap and water before eating and drinking, preparing food or drinks, after removing soiled clothes or shoes, and after going to the toilet.

- Avoid touching your face or mouth before washing hands.
- Hand sanitizers are only an option if running water and soap are not available. Just be sure to wash hands with soap and water as soon as practical afterwards.

Food and drinks

- Keep food and drinks out of animal areas.
- Do not share your food with animals.
- Do not eat or drink raw (unpasteurized) dairy products.
- Visitors should not kiss or otherwise allow their mouths to come into contact with animals or their enclosures.

Keep your child safe around animals

- Children younger than 5 years old need supervision
- Do not bring toys, pacifiers, strollers or baby bottles into the animal area.
- Never allow children to put their hands or objects (for example: toys or pacifiers) in their mouth while interacting with animals.
- Adults should carefully watch children who are visiting animals and help them wash their hands well immediately after exiting the animal area.
- Make sure to supervise handwashing

Very young children, the elderly, pregnant women and persons with weak immune systems should be especially careful to follow these recommendations since they are at higher risk for serious infections.

For more information, visit: <http://www.cdc.gov/Features/AnimalExhibits/index.html>

Extreme Heat

Stay cool and healthy this summer

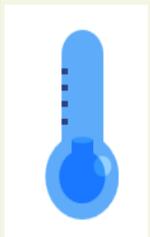
Extreme heat events, or heat waves are a leading cause of extreme weather-related deaths in the US. This number has been rising, so it's important to make sure you are aware of how to prevent heat-related illness and the warning signs.

WHAT IS EXTREME HEAT?

Conditions of extreme heat are defined as summertime temperatures that are substantially hotter and/or more humid than average for location at that time of year.

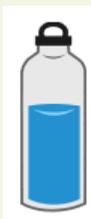
WHAT CAN YOU DO?

STAY COOL



- ✓ Find an air-conditioned place – either your home or go to the mall or library
- ✓ Avoid direct sunlight
- ✓ Wear lightweight, light-colored, loose-fitting clothing.
- ✓ Take cool showers or baths
- ✓ Fans will not prevent heat-related illness

STAY HYDRATED



- ✓ Drink more water than usual
- ✓ Don't wait until you are thirsty to drink more fluids
- ✓ Avoid drinks that contain alcohol or large amounts of sugar, as they can cause you to lose more body fluid
- ✓ Remind others to drink enough water

STAY INFORMED



- ✓ Check the local news for extreme heat alerts and safety tips
- ✓ Learn the symptoms of heat illness

Being in an air conditioned room is a great way to protect against heat-related illness and death.

WHO'S AT RISK?

All people can develop heat-related illness, however, the following groups at a higher risk:

- ✓ Infants and young children
- ✓ People aged 65 or older
- ✓ People who have a mental illness
- ✓ Those who are physically ill, especially with heart disease or high blood pressure

REMINDER:

During an extreme heat event, make sure to check on at-risk family, friends, or neighbors at least twice a day.

SIGNS & SYMPTOMS

Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or stroke.

Heat Exhaustion

- ✓ Heavy sweating
- ✓ Weakness
- ✓ Cold, pale, and clammy skin
- ✓ Fast, weak pulse
- ✓ Nausea or vomiting

Heat Stroke

- ✓ High body temperature (above 103°F)*
- ✓ Hot, red, dry or moist skin
- ✓ Rapid and strong pulse
- ✓ Possible unconsciousness

Seek medical care **immediately** if you have or someone you know has symptoms of heat-related illness.

For more information on heat-related illness and extreme heat, visit: <http://www.cdc.gov/extremeheat/index.html>

August is National Immunization Month

Are you and your family up-to-date on your vaccines?

We all need shots (also called vaccinations or immunizations) to help protect us from serious diseases. When individuals are not vaccinated, they are at a higher risk of disease and can also spread these diseases to others, whether it be at work, home, school or in the community. August is the perfect time to make sure you are up-to-date on your shots, to prevent diseases. It's important to know which shots you need and when to get them.

Vaccination is one of the best ways parents can protect infants, children & teens from 16 potentially harmful diseases

Immunizations are not just for children. Protection from some childhood vaccines can wear off over time. You may also be at risk for vaccine-preventable disease due to your job, lifestyle, travel, or health conditions. For vaccine schedules, <http://www.cdc.gov/vaccines/schedules/easy-to-read/index.html>

Here are some tips that parents can do before, during, and after their child's next shot visit:

Before the Visit

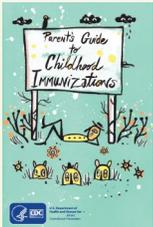
- ✓ Read up on vaccine information—being informed may help you feel better about it
 - ✓ Check the child's immunization schedule to see what vaccines are recommended for their age
 - ✓ Pack your child's immunization record
 - ✓ Pack a toy or book to comfort your child
- For older kids:**
- ✓ Be honest with your child—tell them it may pinch or sting, but won't last long
 - ✓ Avoid telling any scary stories
 - ✓ Remind them that shots keep them healthy

At the Doctor's

- ✓ If you have any questions you can ask the doctor or nurse
 - ✓ Distract & comfort your child with a book or toy
 - ✓ Smile & make eye contact with them—let them know everything is okay
 - ✓ Hold your child on your lap, whenever possible
- For older kids:**
- ✓ Take deep breaths with them and tell them to "blow out" the pain.
 - ✓ Point out something in the room to distract your child
 - ✓ Tell or read a story
 - ✓ Support your child if he or she cries

After the Visit

- ✓ Review any information your doctor gives you about the shots, especially the Vaccine Information Statements that outline which side effects might be expected.
- ✓ Use a cool wet cloth on the sore spot or a cool sponge bath to reduce a fever.
- ✓ Give your child lots of liquid, it's normal for some kids to eat less during the 24 hours after a vaccine
- ✓ Show them extra attention and call the doctor if something concerns you.



<http://www.cdc.gov/vaccines/parents/visit/index.html>

The Parents' Guide to Childhood Immunizations helps parents and caregivers learn about the role vaccines play in helping keep children healthy. To read or download, visit: <http://www.cdc.gov/vaccines/parents/tools/parents-guide/index.html>

SCDOH in Action!

In the fall and early winter, SCDOH provides flu shot clinics throughout the county to residents. Information regarding those clinics will be available via the county website at www.co.somerset.nj.us/health. SCDOH also works to promote the HPV vaccine for teens and provide information to parents about the importance of the vaccination.

Events & Resources



Health Observances

July



UV Safety Month



July 16th
Choose Your Cover

August



Immunization
Awareness Month

Upcoming Programs/Events

July 16



Free Skin Cancer Screening

Bee Meadow Pool-Hanover Township
Saturday, July 16—11:00 am to 1:00 pm

The Regional Morris & Somerset County
CHRONIC DISEASE & CANCER COALITION
Early Detection Best Protection
www.co.somerset.nj.us • 908-231-7155

July 20



SCDOH will be at the ballpark

Going to the game? Stop by our information table!
Somerset Patriots—TD Ballpark—7:05PM Game

July 29



SCDOH will be at the ballpark

Going to the game? Stop by our information table!
Somerset Patriots—TD Ballpark—7:05PM Game

August 24



SCDOH will be at the ballpark

Going to the game? Stop by our information table!
Somerset Patriots—TD Ballpark—7:05PM Game

Free Family Fun!



SOMERSET COUNTY, NJ
4-H FAIR

August 10-11-12, 2016

North Branch Park, Milltown Road, Bridgewater, NJ

Stop by the Somerset County Department of Health's information booth!

Follow us!



Follow us on Twitter!

<https://twitter.com/shealthdept>



Like us on Facebook!

<https://www.facebook.com/SomersetCountyNJ>

For more information visit our website: www.co.somerset.nj.us/health

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