



May/June 2016

Public Health **F**OCUS

News from the Somerset County Department of Health

Get ready for the BUZZ of summer!



Somerset County Department of Health has launched our **Fight the Bite!** campaign.

Join us at one of our upcoming programs, or look for us at a community event near you to learn what you can do to protect yourself, your family, and the community from those annoying mosquitoes and ticks.

- Tuesday, May 17 — Franklin Township Municipal Building, 7pm
- Wednesday May 18—Clarence Dillon Library (Bedminster), from 7-8PM
- Thursday, May 19—Manville Library, 7-8PM
- Thursday, June 2—Raritan Borough Hall, 7-8PM

Tick Bites

Lyme disease is spread through the bite of an infected tick. Before any outdoor activity, whether it be hiking, gardening, playing golf, or just being outdoors, make sure you are protecting yourself from tick bites.

- ✓ Know where to expect ticks—walk in the center of trails and avoid areas with high bushes or grass
- ✓ Use a repellent with DEET on exposed skin or clothing or permethrin on clothing and gear.
- ✓ Wear long-sleeved shirts, long pants. For the best protection, tuck your shirt into your pants, and tuck your pants into your socks
- ✓ Conduct a full-body check when you return from outside
- ✓ Remove an attached tick with fine-tipped tweezers as soon as possible
- ✓ Prevent pets from bringing ticks into your home. Limit their access to tick-infested areas
- ✓ Maintain your property. Keep any patios and playground equipment away from high bushes or grass.
- ✓ See your doctor if you have any symptoms, such as a fever or a rash



For more information on Lyme disease and preventing tick bites, visit: <http://www.cdc.gov/features/>

Mosquito Bites

Mosquitoes can spread many diseases such as West Nile, Zika, and Chikungunya. Whether you are at home or travelling this spring/summer, make sure to take these precautions to protect yourself from mosquito bites:



Wear bug spray that contains DEET, picaridin, IR3535, or oil of lemon eucalyptus and para-menthane-diol. Always follow product label instructions



Cover up with long sleeves and pants, when possible.



Keep mosquitoes outside! Make sure window screens and doors are repaired and use air conditioning when possible.



Stay informed! Check <http://www.cdc.gov/zika/> for the most up-to-date information



Paul Masaba, MD, MPH & TM
Director of Health/Health Officer

IN THIS ISSUE

Fight the Bite!	1
Air Quality Awareness.....	2
Are you Prepared?.....	3
Monthly Health Observances.....	4
Events and Resources.....	5

Air Quality Awareness

May 2-6 is Air Quality Awareness Week

Why is air quality important?

Air quality affects how you live and breathe. This can change similar to the weather, day by day or hour by hour.



What is the Air Quality Index (AQI)?

The Air Quality Index is a reporting of the daily air quality. It tells you if your air is clean or polluted and the health effects that could be a concern for you. Below is a chart explaining the air quality index and the actions you can take to protect yourself and your family.

What do the levels mean?

Good - Air quality is satisfactory and poses little or no health risk.

Moderate - Air quality is acceptable; however, pollution in this range may pose a moderate health concern for a very small number of individuals.

Unhealthy for Sensitive Groups - Those who are more sensitive (i.e., those with lung disease, older adults, children) may experience health effects.

Unhealthy - Everyone may begin to experience health effects when the values are at this level. Those who are more sensitive may experience health effects.

Very Unhealthy - At this level everyone may experience more serious health effects.

Hazardous - When the values are over 300, this triggers health warnings of emergency conditions. Everyone is more likely to experience serious health effects.

Who is most at risk?

- **Those with lung diseases**, such as asthma, chronic bronchitis, and emphysema may be more sensitive to ozone. People with lung disease will typically experience more serious health effects at lower AQI levels
- **Children**, including teenagers, are at a higher risk because they typically play outside when it's warm out, they are more likely to have asthma and their lungs are still developing.
- **Older adults** might be more affected because they are more likely to have pre-existing lung diseases.
- **Active people** of all ages who are outdoors due to work or exercise.
- **Some healthy people**, although they may not have the factors listed above, they may be at an increased risk to experience effects at lower levels. This could be due to genetics.

How Can You Get Daily Air Quality Alerts?

Checking the daily air quality is just like checking the weather. Some ways to find out the AQI:

- Visit www.airnow.gov
- Sign up at <http://www.enviroflash.info/> to receive email or text messages

AQI Values	Actions to Protect Your Health From Ozone
Good (0 - 50)	None
Moderate (51 - 100*)	Unusually sensitive people should consider reducing prolonged or heavy outdoor exertion.
Unhealthy for Sensitive Groups (101 - 150)	The following groups should reduce prolonged or heavy outdoor exertion: - People with lung disease, such as asthma - Children and older adults - People who are active outdoors
Unhealthy (151 - 200)	The following groups should avoid prolonged or heavy outdoor exertion: - People with lung disease, such as asthma - Children and older adults - People who are active outdoors Everyone else should limit prolonged outdoor exertion.
Very Unhealthy (201 - 300)	The following groups should avoid all outdoor exertion: - People with lung disease, such as asthma - Children and older adults - People who are active outdoors Everyone else should limit outdoor exertion.

For more information, visit www.airnow.gov.

SCDOH in Action!

To protect air quality and minimize pollution, SCDOH:

- Conducts routine inspections of facilities including dry cleaners, auto body shops, and any other site that meets the NJDEP's criteria for a "minor source" of air pollution (including large boilers, heaters and emergency generators)
- Responds to citizen complaints of outdoor air pollution involving odors, open burning, dust pollution, and idling vehicles.

Emergency Preparedness

Are you Prepared?

A disaster can strike at any moment and you need to make sure you and your family are prepared! Approximately half of adults don't have a plan or kit in place in case of an emergency.

What should be included in your kit?

- ✓ Make sure you have at least a 3-day supply of food and water. Water should be 1 gallon per person, per day and foods should include those that won't spoil (i.e., pasta, canned soup, powdered milk)
- ✓ Manual can opener
- ✓ Basic utensils to prepare and serve meals
- ✓ 3-day supply of all medicines, at a minimum
- ✓ Medical supplies like syringes, a walking cane, or hearing aids with extra batteries
- ✓ Personal Care Items, such as soap, toothbrush/ toothpaste, baby wipes, contact lenses or glasses.
- ✓ Safety Supplies including a first aid kit, emergency blanket, multipurpose tool that can act as a knife, file, screwdriver, etc.
- ✓ Flashlight
- ✓ Radio (battery-powered, solar, or hand-crank) for updates on the situation
- ✓ Cell phone with chargers
- ✓ Extra batteries
- ✓ Keep copies of your important documents (insurance cards, immunization records), cash, spare keys, and maps in you emergency supply kit.
- ✓ Paperwork about any serious or on-going medical condition
- ✓ Your completed family emergency plan, complete with family and emergency contact information.
- ✓ Extra cash
- ✓ Maps of the area
- ✓ Extra set of car keys and house keys



Make a Plan!

- ✓ Family communication plan—include contact cards, choose an emergency contact, know emergency phone numbers
- ✓ Family Disaster Plan—identify safe spots in your home for each type of disaster, choose meeting points for each disaster, figure out the best escape routes from your home, and PRACTICE! Make sure all of your family members know what to do in case of an emergency
- ✓ Don't forget about your pets! Make sure you have a plan for them too

Stay Informed!

- ✓ Find out the best ways to get information from local authorities

For more information on how to be prepared, visit: <http://emergency.cdc.gov/preparedness/plan/>

SCDOH In Action!

During the months of March and April, Somerset, Hunterdon, and Mercer Counties participated in a Point of Distribution Exercise, utilized for distributing emergency relief supplies or medicine during a disaster and a Medical Needs Shelter Set up Drill, which is for residents who cannot stay in a general population shelter due to their medical condition. These exercises have helped us to improve emergency response efforts on the regional level.

Somerset County Medical Reserve Corps

Medical Reserve Corps, or MRC is a network of volunteers who engage with local communities to strengthen public health, reduce vulnerability, build resilience, and improve preparedness, response, and recovery capabilities.



Interested in joining the Somerset County Medical Reserve Corps? Please [apply online](#).

LINCS Notifications

Somerset County participates in the Public Health Emergency Notification System (PHENS) and the Local Information Network Communications (LINCS) for notices on urgent health threats. Interested? Sign up [here](#).



Include children in the family plan, **Ready Wrigley** will help them to prepare, visit: <http://www.cdc.gov/phpr/readywrigley/index.htm>

Monthly Health Observances

May is Melanoma/Skin Cancer Detection and Prevention Month

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles and blotches or spots on your skin. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

The Centers for Disease Control and Prevention (CDC) recommends simple steps to protect your skin from ultraviolet radiation (UV):

- Stay out of the sun between 10 a.m. and 4 p.m.
- Use sunscreen with a sun protection factor (SPF) 15 or higher, and both UVA and UVB protection. Put sunscreen on every 2 hours and after you swim or sweat.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Avoid indoor tanning.



Image from http://www.cdc.gov/cancer/skin/basic_info/children.htm

SCDOH in Action!

The Morris-Somerset Regional Chronic Disease Coalition (RCDC) has developed a calendar to recognize Skin Cancer Month. This [web calendar](#) is interactive and will bring you to other informational resources. It is located on the website at www.co.somerset.nj.us/health



RCDC is sharing the following resource: The Enright Melanoma Foundation, a NJ-based nonprofit organization that offers an online sun safety certification programs for ages 5 and over, and are designed by skin cancer professionals from the Enright Melanoma Foundation. The programs are available FREE to the public at www.ApplyCoverEnjoy.org.

For more information on RCDC, visit: www.co.somerset.nj.us/health

June is Men's Health Month

June is Men's Health Month, take time this month to encourage men to make their health a priority. Some steps to improve men's health:

- 1** Get enough sleep. Adults need between 7-9 hours of sleep each night. Insufficient sleep is associated with a number of chronic diseases and conditions.
- 2** Quit smoking. Eliminating tobacco has both immediate and long-term benefits. If you don't smoke, stay away from secondhand smoke.
- 3** Adults need at least **2½ hours** of moderate-intensity aerobic activity every week, and muscle strengthening activities that work all major muscle groups on two or more days a week.
- 4** Eat healthy. Make sure to eat fruits and vegetables and limit foods and drinks high in calories, sugar, salt, fat, and alcohol.
- 5** Manage your stress. Some stress can be good, but don't let it make you feel out of control or overwhelmed
- 6** Make sure to visit your doctor or nurse for check ups. This is important to identify any issues before they become a problem.



Images from cdc.gov

Events & Resources



Health Observances

May

National Skin Cancer
Detection and
Prevention Month



May 2-6

Air Quality Awareness
Week

May 8-14

Women's Health Week

May 15-21

Hurricane Preparedness
Week

June

National Safety Month

**NATIONAL
SAFETY
MONTH 2016**

Men's Health Month



June 13-19

Men's Health Week

Upcoming Programs/Events

- May 10**  **Free Skin Cancer Screening** 9:00 AM - 3:30 PM
Memorial Sloan Kettering Cancer - Basking Ridge Center
136 Mountain View Boulevard 4th Floor, Dermatology Suite
Screenings are by appointment only.
Call 908-542-3396 to make an appointment.
- May 14**  **Free Skin Cancer Screening** 9:00 AM—11:00 AM
Morristown Medical Center—Carol G. Simon Cancer Center – 1st
floor
100 Madison Ave. - Morristown, NJ
Call 800-247-9580 or log onto atlantichealth.org/classes to register.
- May 17**  **Fight the Bite! Community Presentation** 7:00 PM
Franklin Township Municipal Building
475 Demott Lane — Somerset, NJ
- May 18**  **Fight the Bite! Community Presentation** 7:00–8:00 PM
Clarence Dillon Public Library
2336 Lamington Road—Bedminster, NJ
- May 19**  **Fight the Bite! Community Presentation** 7:00–8:00 PM
Manville Library
100 South 10th Avenue—Manville, NJ
- May 21**  **Free Skin Cancer Screening** 9:00-11:00AM
Somerset Family Practice
110 Rehill Avenue—Somerville, NJ
Call 908-685-2814 to schedule an appointment.
- June 2**  **Fight the Bite! Community Presentation** 7:00–8:00 PM
Raritan Borough Hall
22 First Street—Raritan, NJ
- June 18**  **Free Skin Cancer Screening** 1AM-1PM
Florham Park Pool (inclement weather held at Florham Park Library)
111 Ridgedale Avenue—Florham Park, NJ
No Appointment is necessary—open to the public

For a calendar of programs, please visit www.co.somerset.nj.us/health

Follow us!



Follow us on Twitter!

<https://twitter.com/schealthdept>



Like us on Facebook!

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

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

A publication of the Somerset County Department of Health
P.O. Box 3000 27 Warren Street
Somerville, NJ 08876
908-231-7155
www.co.somerset.nj.us/health

DISCLAIMER: Information provided in this publication should not be used as a substitute for medical care and advice of your physician. Readers should consult their physicians for answers to specific clinical questions.