



Shore Health

Long Beach Island
Health Department

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Take 3 This Flu Season

Flu is a serious contagious disease. Each year in the United States, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications. The Centers for Disease Control and Prevention (CDC) says “take 3” steps to fight the flu:

Take time to get a flu vaccine. CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza.



Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older, as well as health care workers, and other people who live with or care for high risk people. **A seasonal vaccine does not protect against H1N1, but a new vaccine is being produced and will be available in the coming months as an option for prevention of H1N1 infection.**

Take everyday preventive actions. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water, especially after you cough or sneeze.



Alcohol-based hand cleaners are also effective. Avoid touching your eyes, nose or mouth, since germs spread this way. Try to avoid close contact with sick people. If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) While sick, limit contact with others to keep from infecting them.

Take antiviral drugs if your doctor says to. If you get seasonal or novel H1N1 flu, antiviral drugs can make your illness milder and make you feel better faster. Antiviral drugs are prescription medicines that fight against the flu by keeping flu viruses from reproducing in your body. They may also prevent serious flu complications. These drugs must be prescribed by a health care professional and should be started within 48 hours of getting sick.



These actions will protect against the new H1N1 too!

Stay informed by going to www.cdc.gov/h1n1flu/ or calling 1-800-CDC-INFO

Smoking and Flu and Pneumonia

If you are thinking about quitting smoking – now is the time. Smokers are more likely than nonsmokers to have upper and lower respiratory tract infections, including flu and pneumonia. The Centers for Disease Control and Prevention now recommends that the pneumococcal vaccine be given to adults who smoke.

For smoking cessation resources and more information on the pneumococcal vaccine go to our website @ www.lbihealth.com.

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Websites of interest:



www.fruitsandveggiesmatter.gov
Fruits & Veggies Matters

www.healthaging.net
Healthy Aging

www.wholegrainscouncil.org
Whole Grains Council

www.getreadyforflu.org
Get Ready

www.advocatesforyouth.org
Advocates for Youth

www.nbcam.org
National Breast Cancer Awareness Month

exerciseismedicine.org
Exercise is Medicine

goodfoodnearyou.com
Good Food Near You

Preventing Sports Injuries



Fall brings more than falling leaves and pumpkins. It's also the beginning of soccer, football, and field hockey, as well as track and field. The American Academy of Pediatrics offers you the following tips to keep your young athlete safe and healthy:

- **Wear the right gear.** Players should wear appropriate and properly fit protective equipment such as pads (neck, shoulder, elbow, chest, knee and shin), helmets, mouthpieces, face guards, protective cups, and/or eyewear. Young athletes should not assume that protective gear will protect them from performing more dangerous or risky activities.
- **Strengthen muscles.** Conditioning exercises before games and during practice strengthens muscles used in play.
- **Increase flexibility.** Stretching exercises before and after games or practice can increase flexibility.
- **Use the proper technique.** This should be reinforced during the playing season.
- **Take breaks.** Rest periods during practice and games can reduce injuries and prevent heat illness.
- **Play safe.** Strict rules against headfirst sliding (baseball and softball), spearing (football), and body checking (hockey) should be enforced.
- **Stop the activity if there is pain.**
- **Avoid heat injury** by drinking plenty of fluids before, during, and after exercise or play; decrease or stop practices or competitions during high heat/humidity periods; wear light clothing.

Sports-Related Emotional Stress

The pressure to win can cause significant emotional stress for a child. Sadly, many coaches and parents consider winning the most important aspect of sports. Young athletes should be judged on effort, sportsmanship and hard work. They should be rewarded for trying hard and for improving their skills rather than punished or criticized for losing a game or competition

Source: American Academy of Pediatrics



The Environmental Protection Agency's (EPA) Aging Initiative is releasing a new publication, *Growing Smarter, Living Healthier: A Guide to Smart Growth and Active Aging*. It is intended for older adults who are interested in how our communities work and how we might help them become more age-friendly. The guidebook addresses the basic principles of neighborhood design and why community design matters and how becoming involved in community's decisions about growth can make it a better place to live.

To place your order for a copy of this document, as well as other aging resources available from the EPA, please go to www.epa.gov/aging/resources/factsheets/order.htm

Lilly is offering a free copy of the new *Small Steps to Help You Manage Your Diabetes* DVD series. This educational video series was designed to give a basic understanding of diabetes and to show some of the small steps that can help make a difference in diabetes management.

To order go to: www.lillydiabetes.com/content/small-steps-dvd-offer.jsp

Managing Arthritis Pain-Manage your arthritis pain and get the most out of your medications with a free package from the Federal Citizen Information Center.

Place your order by filling out the form at www.pueblo.gsa.gov/rc/n91arthritispain.htm

“Talk About Prescriptions” Month



October, 2009 will mark **National Council on Patient Information and Education’s** 24th annual “Talk About Prescriptions” Month. This year’s theme, “Communication is Key!”, promotes better communication between consumers and their healthcare providers to ensure safe and appropriate medicine use. You are not alone if you feel overwhelmed by all the information that bombards us every day on television and radio, in newspapers and magazines, and on the Internet. Some of it is helpful, but some of it can be misleading or even dangerous. One of the best sources of accurate information is the printout you get with your prescription medicine at the pharmacy. Take time to read it carefully because it contains useful information to help you get the best results and avoid problems.

If you’re not sure about what you’ve read, ask your healthcare professionals about:

- Instructions for use, including how and when to take your medicine—and for how long;
- Precautions, including what medicines to avoid, including other prescription and nonprescription medicines;
- Side effects—and what to do if they occur;
- What to do if you think you are having a problem caused by the medicine.

A new toolkit, *Medicine Safety: A Toolkit for Families*, available at www.learnaboutrxsafety.org can help you protect yourself and your loved ones. It provides practical information about:

- Avoiding medication misuse
- Getting the facts about your family’s medicines
- Keeping a family medical record
- Tips for safe medicine use in children and older adults and during pregnancy
- Questions to ask your health team

Medication Disposal



For most of us, medication is a common household item, whether it’s an over-the-counter cough or cold remedy or a prescription drug. What happens when you no longer need the medicine or it has expired? Should you throw it in the trash? Or can you flush it?

According to the Environmental Protection Agency, discarding unused drugs and personal care products down the toilet is a common but poor disposal method. Many of these substances do not break down easily in the environment and may make their way into the soil and water. For this reason, the Office of National Drug Control Policy has issued guidance on the *Proper Disposal of Prescription Drugs*:

Do not flush prescription drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so.

Take your prescription drugs out of their original containers.

Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.

Put this mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.

Conceal or remove any personal information, including Rx number, on the empty containers by covering it with black permanent marker or duct tape, or by scratching it off.

Place the sealed container with the mixture, and the empty drug containers, in the trash.

According to SMARxT DISPOSAL, a partnership between pharmacy and environmental experts, these guidelines may be used for over-the-counter medicines as well. Their website, www.smarxtdisposal.net, has videos, answers to questions, and other resources.

Another option is a community drug take-back program. The Long Beach Island Health Department has such a program. At the **Annual Health and Safety Fair** each September, *Trade Your Pills for Pizza* is offered: bring old or expired medications in exchange for a coupon for a free pizza to a local merchant. Call the Health Department for more information or if you need to dispose of medication at other times.



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Supported by:
Long Beach Island Municipal Alliance
www.lbima.org



*The Long Beach Island Health
Department is the branch of local
government responsible for
protecting and promoting the health of
the residents of:*

*Long Beach Township
Beach Haven
Ship Bottom
Surf City
Harvey Cedars
Barnegat Light*

*The Public Health activities and
programs include services for
individuals and their families, as well as
for the environment in which we live,
work, and play.*



Fall Programs

Women's Health Night

Wednesday, October 21 5PM-9PM

Southern Ocean County Hospital~Register by calling 609-978-3400

Mobile Mammography

Long Beach Island Health Department

October 26 and December 7 by appointment~Call 1-800-246-2404

Mothers & Daughters-Healthy Choices

Wednesday, November 18 5:30-9:00PM~Sea Oaks Country Club
7th, 8th, & 9th grade female students & their mothers are invited.

Features dinner, door prizes and presentations on:

Fetal Alcohol Syndrome~Self Defense~Effects of Tobacco
Host Liability~Handling Stress~Improving Communication

Register by Nov.6-call 609-978-3400

Flu Clinic Schedule (for seasonal flu)

Beach Haven Elementary School----- Thursday, October 8, 4-6PM

Barnegat Light Fire Hall----- Thursday, October 15, 1-3PM

St. Francis Parish Hall----- Thursday, October 22, 1-3PM

Flu shots are offered to anyone 9 years of age and older for \$20.

Non HMO Medicare Part B accepted.

Minors must be accompanied by a parent or guardian.

Immunizations administered at these clinics are for **seasonal flu only.

A vaccine for **H1N1 (Swine Flu)** is expected to be available later
in the fall. Watch our website for more information.

Initially the **H1N1 vaccine** will most likely be available in limited
quantities. The Advisory Committee on Immunization Practices (ACIP)
has recommended that the following groups receive the new H1N1
vaccine when it becomes available:

- *Pregnant women
- *Household contacts and caregivers for children younger than 6 months of age
- *Healthcare and emergency medical services personnel
- *All people from 6 months through 24 years of age
- *Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.

After this group has been vaccinated and *if* there is sufficient vaccine available, everyone from the ages of 25 through 64 years may receive the vaccine. Current studies indicate that the risk for infection among persons age 65 or older is less than the risk for younger age groups. However, once vaccine demand among younger age groups has been met, the vaccination can be offered to people 65 or older.

**This information is current as of September 11, 2009 and is subject to change.