



# Shore Health

Long Beach Island  
Health Department

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## Five Minutes (or Less) for Health



Being healthy and safe takes a commitment, but it doesn't have to be time-consuming, painful, or boring. Most things are simple and take very little time. Even small steps can mean big rewards in preventing illness and injury.

Here is a sample of things you can do to help protect yourself and your family:

**Wash hands** (20 seconds)-Wash hands to lower the risk of spreading germs and getting sick. It is best to wash hands with soap and clean running water for 20 seconds.

**Buckle up** (4 seconds)-Lower the risk for motor vehicle-related injuries. Make sure everyone is properly restrained in safety seats or safety belts. Placing children in age- and size-appropriate restraint systems lowers the risk of serious and fatal injuries by more than half.

**Test smoke alarms** (10 seconds per alarm)-Every month, check your smoke alarms to ensure they work properly. Check or replace the battery to your smoke alarm and carbon monoxide detector when you change the time on your clocks each spring and fall. If the alarm or detector sounds, leave your home immediately, and call 911.

**Eat healthy** (2 minutes to make a salad)-Eat more fruits and vegetables as a meal, less saturated fat, and healthy grab-and-go snacks. There are many quick and easy ways to add healthier choices to your day.

**Fight the urge to smoke or use tobacco** (3 minutes)-The urge will usually pass in 2-3 minutes. When you feel the urge, do something else. Take deep breaths and let them out slowly. Drink a glass of water. Carry things to put in your mouth, such as gum, hard candy, or toothpicks. Smoking even a few cigarettes a day and being around secondhand smoke (smoke from someone else smoking) can hurt your health. The only safe choice is to quit completely.

## More Than Five Minutes and Worth It

### Be prepared.

Practice family drills at home to make sure everyone knows exactly what to do in case of an emergency. Although some people feel it is impossible to be prepared for unexpected events, the truth is that taking preparedness actions helps people deal with disasters of all sorts much more effectively when they do occur. Have an escape plan in case of fire or other emergency, and practice it as part of your family drills. Know your local weather conditions and forecast so you can prepare for any severe weather.

Source: Centers for Disease Control and Prevention

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### Websites of interest:

*This is Serious*  
[www.thisisserious.org](http://www.thisisserious.org)

*What's Your Readiness Quotient*  
[www.whatsyourrq.org](http://www.whatsyourrq.org)

*Healthy Schools, Healthy People*  
[www.itsasnap.org](http://www.itsasnap.org)

*Earth911*  
[earth911.com](http://earth911.com)

*Fetal Alcohol Spectrum Disorders Awareness Day*  
[fasday.com](http://fasday.com)

*Share the News, Share the Health*  
[www.medicare.gov/share-the-health](http://www.medicare.gov/share-the-health)

*Jersey Fresh*  
[www.state.nj.us/jerseyfresh/index.html](http://www.state.nj.us/jerseyfresh/index.html)

*Concussion ABCs: Learn How to Respond*  
[www.cdc.gov/Features/ConcussionABCs](http://www.cdc.gov/Features/ConcussionABCs)

*National Family Partnership*  
[www.nfp.org](http://www.nfp.org)



## Get Seizure Smart

This November, for National Epilepsy Awareness Month, the Epilepsy Foundation is asking everyone to Get Seizure Smart about seizure first aid. Epilepsy affects nearly 3 million people of all ages and races in this country. It's important to know what to do and what NOT to do when you see someone having a seizure.

Test your knowledge by taking the quiz below.

### 1. What is epilepsy?

- a) Head injury
- b) Stroke
- c) Mental Illness
- d) Recurring Seizures

### 2. What is a seizure?

- a) Your heart stopping
- b) Electrical discharges in the brain
- c) Involuntary movement and convulsing
- d) Falling on the ground

### 3. When a person is having a seizure, you should put this in their mouth:

- a) Spoon
- b) Tongue depressor
- c) Finger
- d) You should *never* put something in the mouth of a person having a seizure

### 4. Epilepsy can be treated with:

- a) A special diet
- b) Medication
- c) Surgery
- d) All of the above

### 5. What is a sign or symptom of a seizure?

- a) Jerking and convulsing
- b) Staring
- c) Picking at clothes
- d) All of the above

### 6. What should you do if you see someone having a seizure?

- a) Shake the person
- b) Give them liquids or medication
- c) Gently direct the person away from hazards and remove sharp objects that may present danger
- d) Put something in their mouth

ANSWERS: 1. d 2. b 3. d 4. d 5. d 6. c



If you want to know more go to:

[www.epilepsyfoundation.org](http://www.epilepsyfoundation.org)  
[www.talkaboutit.org](http://www.talkaboutit.org)  
[www.cdc.gov/Epilepsy](http://www.cdc.gov/Epilepsy)

## National Recovery Month



In the United States, it is estimated that more than 23 million people suffer from addiction to alcohol and drugs. This not only effects these individuals, but also their families, friends, and coworkers. Millions of Americans are in recovery and remind us that there is hope for people struggling with addiction. People in recovery can and do rejoin their families, their jobs, and their lives and communities. Each September, **National Recovery Month** promotes recovery and serves as a reminder that recovery is possible.

The Substance Abuse & Mental Health Services Administration (SAMHSA) National Helpline is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing substance abuse and mental health issues. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information in print on substance abuse and mental health issues.

## “Universal” Flu Vaccination

Everyone 6 months and older should get a flu vaccine each year.

This recommendation has been in place since February, 2010 when the Advisory Committee on Immunization Practices (ACIP) voted for “universal” flu vaccination in the United States to expand protection against the flu to more people. While everyone should get a flu vaccination each flu season, it’s especially important that certain people get vaccinated either because they are at high risk of having serious flu–related complications, or because they live with, or care for, people at high risk for developing flu–related complications.



- Pregnant women
- Children younger than 5, but especially children younger than 2 years old
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long–term care facilities
- People who live with, or care for, those at high risk for complications from flu:
  - Health care workers
  - Household contacts of persons at high risk for complications from the flu
  - Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

CDC recommends an influenza (flu) vaccine every year as the first and best way to protect against getting the flu. You may have heard that this year’s flu vaccine contains the same virus strains as last season and wonder why you need to be vaccinated again. Your body’s level of immunity from a vaccine received last season is expected to have declined. You may not have enough immunity to be protected from getting sick this season.

The single best way to prevent seasonal flu is to get vaccinated each year, but don’t forget about the everyday preventive actions you can take to stop the spread of germs:

1. Avoid close contact with people who are sick.
2. Stay home when you are sick.
3. Cover your mouth and nose with a tissue when coughing or sneezing.
4. Clean your hands often with soap and water or an alcohol-based hand rub.
5. Avoid touching your eyes, nose or mouth.
6. Practice other good health habits: get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, eat nutritious food and avoid tobacco smoke.



## Long Beach Island Health Department

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Visit us on the web:  
[www.lbihealth.com](http://www.lbihealth.com)

Supported by:

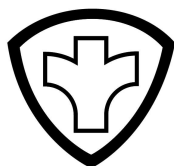
Long Beach Island Municipal Alliance  
[www.lbima.org](http://www.lbima.org)



*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.*



**Public Health**  
Prevent. Promote. Protect.



### Women's Health Night

Wednesday, October 26, 5PM-9PM  
Southern Ocean Medical Center  
Register by calling 1-800-DOCTORS

### NJCEED FREE Cancer Screenings

mammograms, clinical breast exam, pelvic exam  
for women who are:  
uninsured, income eligible, age 40 and older  
Registration Required  
Call 732-341-1400  
732-557-3207 (Spanish)

### Mobile Mammography

Long Beach Island Health Department  
October 28 and December 9 by appointment  
Call 1-800-246-2404

### Mothers & Daughters-Healthy Choices

Wednesday, November 16, 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  
Host Liability~Handling Stress  
Improving Communication  
Register by Nov.5-  
call 1-800-DOCTORS

### Flu Clinic Schedule

Beach Haven Elementary School——Thursday, September 22, 4-6PM  
St. Francis Parish Hall —————Thursday, September 29, 1-3PM  
Barnegat Light Fire Hall —————Thursday, October 6, 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.

### Change Your Clock



### Change Your Battery

**November 6, 2011**

As you prepare to set your clocks back one hour, remember to change the batteries in both your smoke and CO (carbon monoxide) detectors. Working smoke alarms and CO detectors double a family's chance of surviving a home fire and/or an unsafe carbon monoxide level.