



Shore Health

Long Beach Island
Health Department

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The Possibility of a Pandemic Is Real: Setting the Stage

A flu (influenza) pandemic is an outbreak of a new flu virus that spreads around the world. The virus spreads easily from person to person, mostly through coughing and sneezing. Because the virus is new to people, everyone will be at risk of getting it. Pandemics have occurred repeatedly throughout history. Many experts think the virus that causes avian or bird flu may be changing and could evolve into a pandemic flu virus.

During the next pandemic, the possibility exists that many people will get sick and some will die. People will not be able to come to work because they are sick or are caring for someone who is sick. Services in our community, such as utilities, grocery stores, and public transportation, may be disrupted. Schools may be dismissed. Eventually there will be a vaccine; however it will take time to produce a large supply.

Preparing now will make it easier for you and your family during a pandemic. You are encouraged to take some simple steps, such as stocking up on food, medicines, and other essential supplies; practicing good health habits; and making advance plans to minimize confusion and disruption in an emergency.

While no one can prevent a pandemic from happening, government, communities, and individuals can work together to prepare the nation for a flu pandemic and minimize its impact. It is up to every one of us to be involved in preparing our families. You can find information about protecting yourself and your family at www.pandemicflu.gov. Source: U.S. Department of Health and Human Services.

Stock supplies for an extended stay at home. During a pandemic, if you cannot get to a store or if stores are out of supplies, it will be important for you to have extra supplies on hand. These can also be useful in other types of emergencies.



Store a 2-week supply of water and food. Store the following types of food:

- ~Nonperishable foods (those that will keep for a long time) that do not require refrigeration.
- ~Easy-to-prepare foods.
- ~Foods that you and your family regularly eat.
- ~Examples include ready-to-eat canned meats, fish, vegetables and soups; protein or fruit bars; and bottled water.



Remember other necessities that are often overlooked:

- ~Regular prescription drugs to ensure a continuous supply in your home.
- ~Nonprescription drugs and other health supplies, including pain relievers, fever reducers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- ~Other essential supplies, such as soap or alcohol-based (60%–95%) hand wash, cleaning supplies, a flashlight, batteries, toilet paper, and tissues.

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Websites of interest:



HeartHub
www.hearthub.org

NJFamilyCare
www.njfamilycare.org

Ocean County Library
theoceancountylibrary.org

New Jersey Prescription Drug
Price Registry
www6.state.nj.us/LPSCA_DRUG

Seasonal Flu
cdc.gov/flu

Online Resource for Recalls
www.recalls.gov

Food Allergy &
Anaphylaxis Network
www.foodallergy.org

Ready.Gov
www.ready.gov

Dog Bite Prevention



Did you know that 50 percent of all children in the United States will be bitten by a dog before their 12th birthday? Did you know that 800,000 bites a year are severe enough to require medical treatment, while many more go unreported? The vast majority of dog bites are from a dog known to the child—his or her own pet, a neighbor's or friend's. You can help prevent this from happening to your child, by discussing with him or her the appropriate way to behave around dogs. The following activity will help you and your child understand the difference between safe and potentially dangerous interactions with dogs.

The following is a list of pledges that you can recite with your child:

1. I will not stare into a dog's eyes.
2. I will not tease dogs behind fences.
3. I will not go near dogs chained up in yards.
4. I will not touch a dog I see loose (off-leash) outside.
5. If I see a loose dog, I will tell an adult immediately.
6. I will not run and scream if a loose dog comes near me.
7. I will stand very still (like a tree), and will be very quiet if a dog comes near me.
8. I will not touch or play with a dog while he or she is eating.
9. I will not touch a dog when he or she is sleeping.
10. I will only pet a dog if I have received permission from the dog's owner.
11. Then, I will ask permission of the dog by letting him sniff my closed hand.

May I pet the dog?

1. Yes or No?



2. Yes or No?



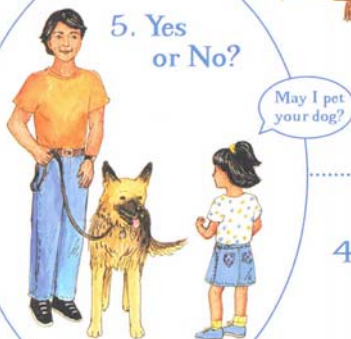
3. Yes or No?



4. Yes or No?



5. Yes or No?



Activity Sheet

May I Pet the Dog?

Help your child understand the difference between safe and potentially dangerous interactions with dogs. Answers below.

1. No, the dog is on a chain and there is no owner around.
2. No, the dog is sleeping.
3. No, the dog is eating.
4. No, the dog is loose and not with his or her owner. Remember to stand like a tree, look away like the boy in the picture, until the dog moves away, and then tell an adult.
5. Yes, if you have asked permission of the owner and the dog.

"Answers to May I Pet the Dog?"

Source: ASPCA

Silence the Sounds of Pertussis



“Whooping cough is a potentially life threatening disease for babies. Grandparents can protect their grandchildren and themselves by encouraging everyone around the baby to get vaccinated.” Alan R. Hinman, MD, MPH, Voices for Vaccines

Pertussis, also known as whooping cough, is a serious bacterial infection that can strike at any age, but is especially dangerous for babies. The distinctive sound of pertussis is the “whoop”, which is made when gasping for breath after a severe coughing attack.

Babies are most susceptible before they can have their first vaccine against pertussis at two months of age, and are not fully protected until they have been vaccinated with the full series.

One of the best ways to protect babies from the disease is to make sure that anyone in close contact with them is vaccinated. Pertussis is most contagious during the first few weeks of infection when symptoms may resemble a cold. A parent, grandparent or babysitter who has what seems like a cold may actually have pertussis and could easily spread the disease to the baby.

The CDC recommends a single pertussis booster for all adults aged 19 to 64, especially those in close contact with a baby, particularly parents, grandparents and babysitters. The pertussis booster vaccine is given in combination with the vaccines for diphtheria and tetanus in the vaccine called Tdap. The “P” in Tdap refers to pertussis. The CDC also recommends the Tdap booster vaccine to protect adolescents between the ages of 11 and 18. Check with your doctor to see if this vaccine is right for you or anyone in your family. For more information or to schedule an appointment, contact the Long Beach Island Health Department.

For more information and to listen to an audio clip of the pertussis cough, go to: http://pkids.org/dis_pert_stsop.php

Help Keep Our Community Healthy!

Simple, good health habits can help to keep everyone healthy and limit the spread of germs, not only during the upcoming cold and flu season, but during a pandemic as well.

Cough and Sneeze Etiquette

Never cough or sneeze into your bare hand. Cover your nose and mouth with a tissue to avoid spreading germs and then throw the tissue into the trash.

Don't have a tissue handy? Cough or sneeze into the bend of your arm. It may feel strange at first, but soon it will come naturally.

Wash your hands as soon as possible after coughing or sneezing. Use alcohol-based hand gel, if soap and water are not available.



Hand Washing Etiquette

Always wash your hands:

after blowing your nose, coughing, or sneezing; after touching your eyes, nose, or mouth;
after using the bathroom; after being near someone who is ill; after handling garbage;
after touching things handled by many people; before and after eating or drinking.



Wash your hands thoroughly:

Wet your hands with warm running water. Scrub between your fingers, on the backs of your hands, and under your nails for the amount of time it takes you to sing the “Happy Birthday” song twice. Dry your hands with paper towels or an electric hand dryer. Use a paper towel when you turn off the tap.

If soap and water aren't available, use alcohol-based disposable hand wipes or gel sanitizers, keeping hands wet for 10-15 seconds.

Keep your telephones, computers, and other frequently touched machines or equipment clean and regularly disinfected.

Source: U.S. Department of Health and Human Services.



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Visit us on the web:
www.lbihealth.com

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

Mobile Mammography

Long Beach Island Health Department Parking Lot
October 20, by appointment-Call 1-800-246-2404

Free Fall Rabies Program for Dogs and Cats

Coming in October
LBT Gazebo 6805 Long Beach Blvd. Brant Beach

Ocean County's 17th Annual Women's Health Night

Wednesday, October 22 5PM-9PM
Southern Ocean County Hospital
Register by calling 609-978-3400 or visit www.soch.org

Mothers & Daughters-Healthy Choices

Wednesday, November 19 5:30-9:00PM
Sea Oaks Country Club
7th, 8th, & 9th grade female students & their mothers are invited.
Dinner & door prizes included.

Presentations on:

Fetal Alcohol Syndrome~Self Defense~Effects of Tobacco
Host Liability~Handling Stress~Improving Communication
Register by Nov.7-call 609-978-3400 or visit www.soch.org

Flu Clinic Schedule

Beach Haven Elementary School	Thursday, October 23, 4-6PM
Barnegat Light Fire Hall	Tuesday, October 28, 1-3PM
St. Francis Parish Hall	Friday, October 31, 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.



Another Reason to Quit

Secondhand smoke is especially dangerous for young children and may even put them at risk for future heart disease. In a study at Nationwide Children's Hospital and Research Institute, children ages 2 to 5 absorbed six times more nicotine than older kids who were exposed to the same amount of smoke and almost half of them had nicotine levels in their body similar to those of an active adult smoker. They also had blood vessel damage and had fewer vessel repairing cells, both of which can lead to clogged arteries later in life. According to Dr. Judith Groner, who conducted the study, "Young children breathe faster so they end up taking in more smoke."