



# Shore Health

Long Beach Island  
Health Department

Volume 6, Issue 2

Summer 2010

## Pertussis (Whooping Cough) – What You Need To Know



Pertussis (whooping cough) is very contagious and can cause serious illness, especially in infants who are too young to be fully vaccinated. It is one of the most commonly occurring vaccine-preventable diseases in the United States.

The disease starts like the common cold, with runny nose or congestion, sneezing, and maybe mild cough or fever. But after a week or two, severe coughing begins, with a characteristic “whoop”. Pertussis is most severe for babies, causing hospitalizations and pneumonia. In rare cases, pertussis can be deadly, especially in infants.

Most children are vaccinated against pertussis, but protection from the childhood vaccine fades over time. People with pertussis usually spread the disease by coughing or sneezing while in close contact with others, who then breathe in the pertussis bacteria. Many infants who get pertussis are infected by parents, older siblings, or other caregivers who might not even know they have the disease.

Public health officials in a number of states are worried about the rising numbers of cases of pertussis in recent years, especially among teens and babies less than 6 months of age. Nationally, in 2008, there were more than 13,000 reported cases including 18 deaths. The California Department of Public Health has declared it an epidemic in California. Arizona and upstate New York are also experiencing increases in the numbers of patients with whooping cough.

The best way to prevent pertussis is to get vaccinated. Infants and young children are routinely vaccinated against several diseases, including pertussis. Pre-teens going to the doctor for their regular check-up should get a dose of tetanus, diphtheria, and pertussis vaccine (called Tdap). The easiest thing for adults, *under 65 years of age*, to do is to get Tdap instead of their next regular tetanus booster—that Td shot that they were supposed to get every 10 years. The dose of Tdap can be given earlier than the 10-year mark, so it’s a good idea for adults to talk to a healthcare provider about what’s best for their specific situation. Getting vaccinated with Tdap is especially important for families with, and caregivers of, new infants.

Childhood and adult immunizations are available at the Long Beach Island Health Department. For details, call 492-1212 and ask to speak with a public health nurse.

Source: Centers for Disease Control and Prevention

You can watch videos of personal stories of people affected by pertussis at [ShotbyShot.org](http://ShotbyShot.org)

You can “Hear What Pertussis Sounds Like” at [www.cdc.gov/Features/Pertussis](http://www.cdc.gov/Features/Pertussis)

### Inside this issue:

<i>Guide Your Child’s TV Time</i>	2
<i>text4baby</i>	2
<i>Low Cost Vaccines</i>	3
<i>NJ Health Beat</i>	4
<i>Digging in the Dirt</i>	4

### Websites of interest:



[www.njparentlink.nj.gov](http://www.njparentlink.nj.gov)  
*Parent Link*

[www.letsmove.gov](http://www.letsmove.gov)  
*Let’s Move*

[www.nwf.org/Get-Outside/Be-Out-There.aspx](http://www.nwf.org/Get-Outside/Be-Out-There.aspx)  
*Be Out There*

<http://beintheknownj.org/>  
*Be In The Know NJ*

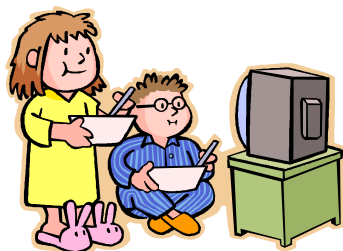
[www.lyme.org](http://www.lyme.org)  
*The Lyme Disease Foundation*

[www.nj211.org](http://www.nj211.org)  
*NJ 2-1-1 Partnership*

[www.ready.gov](http://www.ready.gov)  
*Prepare. Plan. Stay Informed.*

<http://njhelps.org>  
*NJ Helps Services*

## Guide Your Child's TV Time



Obesity is a major health concern in both children and adults in the United States today. The average child regularly watches about 3 hours of television a day. A child who also spends time watching videotapes or playing video games, could have up to 6 hours a day of screen time. Not only are children inactive while they are watching television, they often snack on unhealthy food choices. Establishing unhealthy habits as a child can continue into adulthood. By the time the average person reaches age 70, he or she will have spent the equivalent of 7 to 10 years watching television.

Active play time is needed to develop mental, physical and social skills. That is why the American Academy of Pediatrics strongly discourages television viewing for children ages two years old or younger. For older children, the Academy advises no more than one to two hours per day of supervised screen time.

### **Five Steps to Guide Your Child's TV Time:**

1. *Be a good role model. Eat healthy food, be active, and limit how much TV you watch.*
2. *Choose when the television is on. Limit TV time and stick to it!*
3. *Monitor the shows your children are watching. Children who watch violence on TV are more likely to display aggressive behavior.*
4. *Turn off the TV during meals. Focus meal time on talking with each other.*
5. *Keep TV out of children's bedrooms. Late night TV watching can interfere with a good night's sleep.*

For more information go to [www.aap.org](http://www.aap.org)

## text4baby



Text4baby is a free educational program of the National Healthy Mothers, Healthy Babies Coalition that provides pregnant women and new moms with information they need to take care of their health and give their babies the best possible start in life.

Registration is easy and can be done online at [www.text4baby.org/register.html](http://www.text4baby.org/register.html) or from your cell phone. Simply text the word BABY (or BEBE for Spanish) to 511411. You'll be asked to enter your baby's due date or your baby's birthday and your zip code.

Once you are registered you will start receiving free messages with tips for your pregnancy and caring for your baby. You'll receive up to 3 messages per week until your baby is one year old. These messages are timed to your due date or your baby's birth date. If your due date changes, you can text UPDATE to 511411 and enter your new due date.

If you want to stop receiving messages from Text4baby, you can text **STOP** to 511411. If you want to start the messages again, you will have to re-register by sending BABY to 511411 (BEBE to 511411 for Spanish messages).



For more information and resources on pregnancy and child care go to our website: [www.lbihealth.com](http://www.lbihealth.com) and click on Public Health Nursing.

## Long Beach Island Health Department Offers Low Cost Vaccines for Adults

The Long Beach Island Health Department is pleased to announce that four important disease-preventing vaccines are available to *Ocean County residents*, 18 years of age and older, regardless of income or insurance status. The vaccines are funded through the American Recovery and Reinvestment Act (ARRA) program. There is a limited supply of each vaccine so they will be offered on a first-come, first-served basis by appointment only. There is an administration fee of \$15, but no one will be turned away because of inability to pay.

The vaccines that are available are:

### **Adacel-Tdap (Tetanus-Diphtheria-Pertussis) Vaccine**

Infants and young children are routinely vaccinated against these bacterial diseases, but adults need protection, too. Diphtheria and pertussis are spread from person to person and tetanus enters the body through cuts, scratches, or wounds. This vaccine is routinely recommended for adolescents 11-18 years. All adults should get a booster dose of tetanus every 10 years. *This vaccine is for those under 65.* Tdap is particularly important for parents, grandparents and other caregivers, who have close contact with infants, to protect them from pertussis.

### **Menactra-Meningococcal Conjugate Vaccine**

Meningococcal disease is a serious bacterial illness that causes bacterial meningitis and blood infections. This vaccine is routinely recommended at 11 or 12 years of age, but can be given to other *people through 55 years of age*, who are at increased risk for meningococcal disease. Meningococcal vaccine is recommended for college freshmen living in dormitories; anyone traveling to, or living in, a part of the world where meningococcal disease is common, such as parts of Africa; and anyone who has a damaged spleen, or whose spleen has been removed.

**Pneumovax-Pneumococcal Polysaccharide Vaccine** – Pneumococcal disease is caused by a bacteria and is a leading cause of vaccine preventable illness and death in the United States. The vaccine is recommended for all adults ages 65 and older and is covered by Medicare. Other adults, under 65 years of age, who should receive the vaccine include: people with certain long-term health problems, such as asthma, diabetes or heart disease; and people with a weakened immune system. *Recently, recommendations have been expanded to include adult smokers, who are four times more likely to be affected by pneumococcal disease than nonsmokers.*

**Gardasil-HPV (Humanpapillomavirus) Vaccine** - Infection from HPV can lead to cervical and other cancers in women as well as genital warts in men and women. The vaccine is important because it can prevent most cases of cervical cancer in females, if it is given before a person is exposed to the virus. The HPV vaccine is given in a three-dose series, and is routinely recommended for girls 11 or 12 years of age. The vaccine is also recommended for females up to 26 years of age who did not get all 3 doses when they were younger. Men up to 26 years of age may get Gardasil vaccine to prevent genital warts.

The Long Beach Island Health Department also offers low cost immunizations to *Long Beach Island children and adolescents* through their Well Child and Adolescent Program. For more information or to make an appointment call 492-1212 to speak to a public health nurse.

## Choking Prevention: Safe Kids USA Safety Tip



Although food causes the majority of choking injuries in children, it is also common for young children to put small objects like coins or toy parts in their mouths.

Test small objects using a small parts tester or toilet paper tube to find out whether they are a choking hazard.



## Long Beach Island Health Department

Timothy J. Hilferty, Director  
11601 Long Beach Blvd.  
Haven Beach, NJ 08008

**Phone:** 609-492-1212

**Fax:** 609-492-9215

**Email:** [lbihd@lbihealth.com](mailto:lbihd@lbihealth.com)

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.*

## NJ Health Beat

Commissioner of the New Jersey Department of Health and Senior Services, Dr. Poonam Alaigh, welcomes all New Jerseyans to her new blog, NJ Health Beat. Through this blog, she plans to share news, ideas and information on a variety of state and national public health issues and services provided by the Department. Recent posts include “Learn What You Can Do to Prepare for Hurricane Season”, and “Caregivers Help Seniors Maintain Their Independence”.

NJ Health Beat can be found at:  
[www.nj.gov/health/commiss/blog/2010/index.shtml](http://www.nj.gov/health/commiss/blog/2010/index.shtml)

## Digging in the Dirt



The Ethel Jacobson Elementary School in Surf City was recently awarded a \$10,000 "Healthy Community Development" Mini-Grant. The grant, established by the New Jersey Department of Health & Senior Services Office of Nutrition & Fitness, is aimed at preventing obesity and other associated chronic diseases by creating environments where healthy eating and physical activity opportunities are available, affordable, culturally appropriate and easy. With support from community members, the students and EJ Garden Team have planted marigolds and potatoes. The potatoes will mature in September, requiring little maintenance during the summer growing season.

For photos, resources and more information on the project, go to:  
<http://digginginthedirt.org>