



# Shore Health

Long Beach Island  
Health Department

Volume 7, Issue 4  
Winter 2011

## Healthy Living, Healthy Vision

Good health is an important part of good vision. The healthier you are, the better chance you have of avoiding risks to your eyes. You can lower your risk of eye disease and vision loss if you:

### Avoid Smoking

Avoiding smoking can protect the health of your eyes. By quitting smoking, you can help to possibly reduce your risk of developing eye diseases such as age-related macular degeneration (AMD), cataracts, and glaucoma. Quitting smoking is especially important if you are diabetic by reducing your risk of developing diabetic retinopathy.

### Eat Healthy Foods

Lifelong good nutrition may lower your risk of some eye diseases. A lifetime diet rich in certain dark green vegetables, such as spinach and kale, may reduce your risk of getting AMD.

### Stay Active

Staying active is part of a healthy lifestyle that can improve your overall health. Exercising regularly can reduce your risk of developing problems that can lead to eye disease. Talk to your doctor before starting an exercise program.

### Control Your Blood Pressure

Controlling your blood pressure is not just a good idea for your heart. It is also a good idea for protecting your eyesight. High blood pressure can increase your risk for glaucoma. It may also increase your risk for diabetic retinopathy if you have diabetes.

### Protect Your Eyes from the Sun

You already know that you need to wear sunscreen to protect your skin from ultraviolet (UV) rays when you are outdoors. But, you also need to wear protective sunglasses to protect your eyes from those same UV rays.

### Choosing Sunglasses



Sunglasses help you in two important ways. They filter light and they protect your eyes from damaging UV rays. Long-term exposure to UV rays can lead to cataracts, macular degeneration or skin cancer around the eyelids. You should choose sunglasses that: reduce glare, filter out 99-100% of UV rays, protect your eyes, are comfortable to wear and do not distort colors.

Children need sunglasses too. Choose ones that are large enough to shield the eyes from most angles, fit well and are impact resistant. For extra protection have your child wear a wide-brimmed hat along with the sunglasses. Wearing a hat can cut the amount of UV rays that reach the eyes in half.

Source: Prevent Blindness America

### Inside this issue:

<i>What's on Your Cell Phone?</i>	2
<i>Handwashing</i>	2
<i>Get Smart</i>	3
<i>Healthy Choices</i>	4
<i>Flu Shots</i>	4



### Websites of interest:

*Go Red for Women*

[www.goredforwomen.org](http://www.goredforwomen.org)

*Healthy Mothers Health Babies*

[www.hmhb.org](http://www.hmhb.org)

*Henry the Hand*

[www.henrythehand.com](http://www.henrythehand.com)

*Choose Respect*

[www.cdc.gov/chooserespect](http://www.cdc.gov/chooserespect)

*Stop Impaired Driving*

[www.stopimpaireddriving.org](http://www.stopimpaireddriving.org)



## What's on Your Cell Phone?



The next time you reach for your cell phone, consider this: A new study found that 92% of cell phones have bacteria on them - including E. coli -- because people aren't washing their hands after going to the bathroom. E. coli is a bacteria found in feces and can survive on hands and surfaces for hours.

Researchers in the U.K. took 390 samples from cell phones and hands, which were then analyzed for germs. People were also asked about their hand hygiene. The study found:

- 92% of phones had bacteria on them.
- 82% of hands had bacteria on them.
- 16% of hands and 16% of phones had E. coli bacteria

However, 95% of people said they washed their hands with soap where possible, which suggests we have a tendency to lie about our hygiene habits.

What is worrisome about these findings is that people with dirty hands are not washing their hands after using the toilet. Not only are they handling their cell phones, they're touching other surfaces as well, and spreading fecal bugs on everything they touch.

Source: WebMD Health News

According to the Centers for Disease Control and Prevention, handwashing is one of the best ways to prevent the spread of infection and illness.

When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste

What is the right way to wash your hands?

- Wet your hands with clean, running water (warm or cold) and apply soap.
- Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry them.

What if I don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs.

**Hand sanitizers are not effective when hands are visibly dirty.**

How do you use hand sanitizers?

- Apply the product to the palm of one hand.
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

## Snort. Sniffle. Sneeze. No Antibiotics Please!

How much do you know about antibiotic use? Try your hand at this quiz from the Centers for Disease Control.

1. Antibiotics fight infections caused by:

- a) Viruses
- b) Bacteria
- c) Viruses and Bacteria

2. Bacteria are germs that cause colds and flu.

- a) True
- b) False

3. Which of these illnesses should be treated with antibiotics?

- a) Runny Nose
- b) The Flu
- c) Cold
- d) Strep Throat

4. Bacteria that cause infections can become resistant to antibiotics.

- a) True
- b) False

5. I can prevent antibiotic-resistant infections when I: (hint: More than one may apply.)

- a) don't take an antibiotic for a viral infection
- b) don't save an antibiotic for the next time I am sick
- c) don't take an antibiotic prescribed for someone else
- d) take my antibiotic exactly as my healthcare provider tells me

6. What can happen if I get an antibiotic-resistant infection? (hint: More than one may apply.)

- a) I may have a longer-lasting illness
- b) I may have to visit my doctor more
- c) I may require hospitalization
- d) I may need more costly medicine that may cause side effects

7. Alexander Fleming discovered the first antibiotic in 1928. What was the antibiotic named?

- a) Mold
- b) Penicillin
- c) Vancomycin
- d) Doxycycline

8. Antibiotic resistance has been called one of the world's most pressing public health problems.

- a) True
- b) False

*Answers: 1.b, 2.False, 3.d, 4.a, 5.a,b,c&d, 6.a,b,c,&d, 7.b, 8.a.*

Are you aware that colds, flu, most sore throats, and bronchitis are caused by viruses? Did you know that antibiotics do not help fight viruses? It's true. Plus, taking antibiotics when you have a virus may do more harm than good. Taking antibiotics when they are not needed increases your risk of getting an infection later that resists antibiotic treatment. When you are prescribed an antibiotic, take it exactly as the doctor tells you. Complete the prescribed course even if you are feeling better. If treatment stops too soon, some bacteria may survive and re-infect you.

For more information, go to: <http://www.cdc.gov/getsmart/index.html>



*"We want Americans to keep their families and communities healthy by getting smart about the proper use of antibiotics," said Lauri Hicks, D.O., medical director of CDC's Get Smart campaign.*



## 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

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

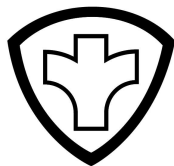
Supported by:  
Long Beach Island Municipal Alliance  
[www.lbima.org](http://www.lbima.org)



*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.

## Healthy Choices...A Program for Mothers and Daughters

Healthy Choices was held on Wednesday, November 16, 2011 at Sea Oaks Country Club. Over 100 moms and daughters participated in the fun, free program, which included dinner, favors, door prizes and presentations on Preventing Fetal Alcohol Syndrome, Self Defense, Host Liability, Dangers of Sexting, Stress Management, You and Your Doctor, and Improving Communication.

Thank you to the following agencies for helping to make this program a reality:

Barnegat Municipal Alliance  
Barnegat School District  
Central Jersey Family Health Consortium  
Family Planning Center of Ocean County  
Girl Scouts of the Jersey Shore  
Gold Hawk Martial Arts  
Lacey Municipal Alliance  
Long Beach Island Health Department  
Long Beach Island Municipal Alliance  
NJ Coalition for the Prevention of Developmental Disabilities  
Office for Prevention of MR/DD  
Pinelands Regional School District  
Southern Ocean Medical Center  
Southern Regional School District  
Stafford Township Municipal Alliance Committee

## Flu Shots

Flu shots are available at the Health Department office by appointment.  
Please call 492-1212 to speak with a public health nurse.



Flu shot is:  
Free if enrolled in Non-HMO, Medicare Part B  
Free to First Responders.

All others \$20

Vaccination activity usually drops quickly after the end of November. However, flu activity usually peaks in January or February in the United States and can last as late as May. The New Jersey Department of Health and Senior Services (DHSS) Vaccine Preventable Disease Program would like to dispel the myth that vaccination beyond the holidays is "too late." As long as flu viruses are spreading and causing illness, vaccination should continue and can provide protection against the flu.

A yearly flu vaccine is recommended for everyone 6 months of age and older as the first and most important step in protecting against flu viruses. While flu vaccine is not 100% effective, it offers the best protection we have against this serious disease.