



Shore Health

Long Beach Island
Health Department

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TIPS FOR A SAFE SUMMER COOKOUT



More than half of Americans cook outdoors. But just as people enjoy the warm temperatures of spring and summer, so do bacteria. So whether you're a seasoned chef or a first time flipper, it's important to follow food safety guidelines to prevent harmful bacteria from multiplying and causing foodborne illness. Use these simple guidelines for grilling food safely.

Make meat-shopping last on your list so meats don't sit around in your shopping cart.

Plan to drive directly home from the grocery store.

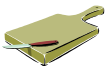


Refrigerate food immediately and keep refrigerated until you're ready to cook. Always marinate foods in the refrigerator, not on the counter. Never reuse marinades as a sauce for cooked foods (unless you boil the marinade first to destroy harmful bacteria).

Always thaw frozen meats in the fridge or microwave, not on the counter.

Wash hands well in hot soapy water before and after handling meat and seafood.

Use a clean plate to transport cooked food from the grill to the table.



Don't chop vegetables or salad ingredients on the same cutting board used to prepare raw meat or seafood.



Use a food thermometer to be sure the food is properly cooked:
Beef, veal, and lamb steaks, roasts and chops—145°F.
Hamburgers—160°F. Pork—160°F. Poultry—165°F.



Avoid eating charred food: remove visible fat that can cause a flare-up; precook meat in the microwave immediately before placing it on the grill to release some of the juices that can drop on coals; cook food in the center of the grill and move coals to the side to prevent fat and juices from dripping on them; cut charred portions off the meat.

Source: U.S. Department of Agriculture

For more information:

Food Safety and Inspection Service
www.fsis.usda.gov

Fight Bac—Keeping Food Safe from Bacteria
www.fightbac.org

New Jersey Natural Gas
www1.njng.com/safety/grilling.asp

Grillin' and Chillin'
www.cdc.gov/foodsafety/grill.htm

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Websites of interest:

www.tell-someone.com
Cervical Cancer & HPV

www.njmrc.nj.gov
NJ Medical Reserve Corps

www.njbeaches.org
NJ Ocean Beach Information

www.state.nj.us/health/ctcp/smokefree/index.shtml
Smoke-free New Jersey

www.chooserespect.org
Choose Respect

www.skincancer.org
Skin Cancer Foundation

www.cdc.gov/women/owh/gardening/index.htm
Health & Safety Guide for Gardeners

Sun Protection for Your Eyes



As we head outdoors to enjoy spring and summer activities, it is important to remember that we risk damage to our eyes from the ultraviolet (UV) rays of the sun. Prolonged exposure to UV rays can cause burns to the surface of the eye, which has been linked to cataracts and age-related macular degeneration later in life.

Fortunately, we can easily protect our eyes by wearing sunglasses and a brimmed hat. Consumers must be careful, though, when they purchase sunglasses; just because a lens is tinted does not mean it offers UV protection. However, there are plenty of affordable sunglasses on the

market that block 99-100% of UV rays.

Teaching children to protect their eyes is an important early step toward a lifetime of healthy vision. Parents should only purchase sunglasses that offer UV protection, making sure the sunglasses fit the child's face and shield the eyes from all angles. Lenses should be impact resistant and made of polycarbonate, never glass, unless prescribed by a doctor. And finally, parents should insist that their child wear a brimmed hat in conjunction with their sunglasses.

Source: Prevent Blindness America

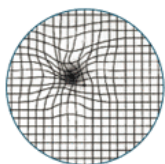
To check the daily UV index go to: www.epa.gov/sunwise/uvindex.html

"We can't stress enough how important it is to protect your eyes every day from the sun. Even when the weather is overcast, the sun still emits intense, harmful rays."

*~Daniel D. Garrett
Prevent Blindness America.*

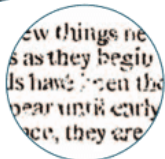
For more information on the dangers of UV exposure and more information on how to choose the best sunglasses for adults and children, please visit www.preventblindness.org or call 1-800-331-2020.

My Eye Health: In the Wink of an Eye™



Is your vision becoming wavy, spotty or distorted?

These changes could be a sign of age-related macular degeneration (AMD), a condition which affects 1 in 4 people age 50 or older.



On April 25, 2006, actress Betty White kicked off *My Eye Health: In the Wink of an Eye™*, a national campaign to educate Americans about AMD, and the importance of early detection and treatment.

AMD is the leading cause of blindness in Americans over age 60. It is a serious disease that causes a person

to lose their ability to do everyday activities such as reading, watching TV, driving, preparing a meal, and even recognizing faces.

You may be at a higher risk for developing the disease if you have a family history, if you are female, white, or a smoker. People who are most at-risk for AMD can check their vision at home daily by using a simple self-monitoring tool called the Amsler grid. Free copies of the grid are available at www.myeyehealth.org or by calling 1-866-702-EYES.

There are usually no symptoms in the early stages of AMD, but your eye doctor can diagnose the disease long before any vision loss has occurred. Early detection and treatment can delay or reduce the severity of the disease.

Source: Prevent Blindness America

What You Can Do

- *Visit your eye doctor regularly.*
- *Stop smoking.*
- *Control other diseases such as high blood pressure or diabetes.*
- *Wear sunglasses and a hat to block out harmful sunlight.*
- *Eat foods rich in antioxidants such as fruits, dark green leafy vegetables, and carrots.*
- *Ask your doctor about vitamin supplements.*

ASK Day -- A Time to Ask Where Guns are Stored



Are there guns in houses where your children will play this summer? The American Academy of

Pediatrics urges parents to use **Asking Saves Kids (ASK) Day -- Saturday, June 21** -- to find out.

Over 40% of homes with children have a gun, and many of those guns are left unlocked or loaded. Just talking to your child about the dangers of firearms may not be enough. Children are naturally curious. If a gun is accessible in someone's home, a child is likely to find and play with it.

So...ASK if there is a gun before sending your child over to play.

If the answer is **NO**...that's one less thing you have to worry about.

If the answer is **YES**...You must decide if your child's safety is at risk. Hiding guns is not enough; they should be kept in a gun safe with the ammunition locked separately. The news is full of stories of children finding guns that parents thought were well hidden or safely stored. If you have any doubts about your child's safety at someone's home, you should encourage the children to play at your house instead.

For more information go to:
www.paxusa.org/ask/index.html

Tips to make ASKing easier:

ASK with other questions, such as when you discuss allergies, seat belts, or animals.

Use the facts; many guns in the home are left loaded and unlocked.

Work through groups, such as your church or PTA.

Don't be confrontational; present your concerns in a respectful manner. Use literature to open the dialogue.

Ask Before You Eat

*Does Your Child Have Food Allergies?
You Can Eat Out Safely!*

That is the message from the "Ask Before You Eat" campaign, a project of the New Jersey Department of Health and Senior Services in conjunction with the Rutgers University's Department of Nutritional Sciences and Food Policy Institute, Rutgers Cooperative Research and Extension, and the New Jersey Restaurant Association.

The campaign offers the following tips:

- ◆ Call the restaurant ahead of time to see how they can meet your needs.
- ◆ Take along allergy medications.
- ◆ Tell the server about the food allergy.
- ◆ Ask about ingredients and food preparation.
- ◆ Make sure the chef knows about the allergy.

- ◆ Keep meals simple — allergens often hide in sauces, soups, and dressings.
- ◆ Beware of deep-fried foods — oil may contain allergens from other foods.
- ◆ Ask the kitchen to start fresh — clean hands, gloves, workspace, utensils, pans, and dishes.
- ◆ Confirm that the meal served was prepared as requested.
- ◆ Ask for a fresh meal if there are any doubts.

For more information go to:
<http://www.foodallergy.rutgers.edu/factsheets.htm>



Free Stuff

Thomas Jefferson University Hospital is offering a free *Personal Health Manager CD-ROM*. The program lets you record doctor visits, set automatic reminders, and organize immunization schedules. To order, visit www.jeffersonhospital.org. or call 1-800-JEFF-NOW.

State Farm Insurance is offering a free copy of the American Academy of Pediatric's *Caring For Your Baby and Young Child: Birth to Age 5*. Order online at: www.sf.pii.orders.com/Events/Birth/RP_Birth

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www.lbihealth.com

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



*The Long Beach Island Health
Department is the branch of local
governments 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.*



Fight The Bite!

Prevention is the best defense against West Nile Virus. Fighting mosquito bites reduces your risk of getting this disease.

Take the commonsense steps below to reduce your risk:

- ⇒ Use an EPA-registered insect repellent such as those with DEET, picaridin or oil of lemon eucalyptus.
- ⇒ When weather permits, wear long-sleeves, long pants and socks when outdoors.
- ⇒ Be aware that the hours from dusk to dawn are peak biting times for many species of mosquitoes.
- ⇒ Limit the number of places around your home for mosquitoes to breed by getting rid of items that hold water such as flower pots, pet water dishes, birdbaths, discarded tires, and rain gutters.
- ⇒ Keep mosquitoes outside by having well-fitting screens on both windows and doors.

Source: Centers for Disease Control
www.cdc.gov/ncidod/dvbid/westnile/index.htm

More information can be found at:

*Department of Health and Senior Services
www.state.nj.us/health/cd/westnile/enceph.htm*

*Ocean County Health Department
www.ochd.org/WNV.htm*

Health Observances

June 1 - 30 is Home Safety Month
www.homesafetycouncil.org/homesafetymonth

June 4 - 10 is National Headache Awareness Week
www.headaches.org

June 12 - 18 is National Men's Health Week
www.menshealthweek.org

July 1 - 31 is International Group B Strep Awareness Month
www.thejessecause.org

August 1- 31 is National Immunization Awareness Month
www.partnersforimmunization.org

30th Annual **Family Health and Safety Fair**, September 10, 2006

Co-sponsored by:
LBI Health Department, Southern Ocean County Hospital
and St. Francis Center