



Shore Health

Long Beach Island
Health Department

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Petting Zoos



Summertime brings more opportunities for outdoor field trips and family outings. Petting zoos and fairs give children the chance to come face to face with farm animals. In recent years, however, many people have become sick because of a visit to an animal exhibit. Animals often carry germs that are harmful to humans and when people fail to wash their hands after petting an animal, they can become ill. Children are especially at risk, because they often do not wash their hands thoroughly and may put their hands to their mouth after touching something contaminated.

Here are some tips to help you prevent illness when visiting petting zoos:

- *Wash hands with soap and water after petting animals, especially before eating and drinking.
- *Use hand gels if running water and soap are not available.
- *Keep food and drinks out of areas housing animals; never share your food with animals.
- *Keep children from putting their hands in their mouth after touching animals.
- *Have children change their clothes after petting the animals; wash clothes at home in hot, soapy water.

Sources: *Department of Veterinary Science at Pennsylvania State University and Centers for Disease Control*

For more information, visit the **Healthy Pets, Healthy People** web site:
www.cdc.gov/healthypets



West Nile Virus

West Nile Virus (WNV) is transmitted to people by the bite of an infected mosquito. The virus can cause encephalitis, which is an inflammation of the brain. Commonly found in Africa, West Asia, the Middle East and Europe, WNV has been confirmed in northeastern United States since the summer of 1999.

Most infections are mild; symptoms may include fever, headache, and body aches, often with skin rash and swollen lymph glands and appear 5 to 15 days from the time a mosquito carrying WNV infects a person.

New Jersey Department of Health and Senior Services offers the following tips to reduce your risk of becoming infected with WNV:

- *Eliminate stagnant water around the home.
- *Limit outdoor activities at dawn, dusk and in the early evening, when possible.
- *Wear long-sleeved shirts and long pants whenever you are outdoors.
- *Make sure screen doors and windows are in good condition.
- *When outside, use an effective skin or clothing mosquito repellent according to the directions on the product label.
- *Empty or cover swimming pools when not in use.
- *Change the water in birdbaths at least once a week.

For more information go to:
www.state.nj.us/health/cd/westnile/factsheet.htm

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Websites of interest:

sleepforkids.org
Sleep for Kids

www.coastie.org
Boating and Water Safety

www.recalls.gov
Your Online Resource for Recalls

www.nhc.noaa.gov
National Hurricane Center

www.vaccineinformation.org
Vaccine Information for the Public and Health Professionals

medlineplus.gov
National Library of Medicine

www.tripprep.com
Travel Health Online

www.rcrc.rutgers.edu
Rutgers Cooperative Research & Extension

Frequently Asked Questions About Sunglasses

Why do we need sunglasses?

Sunglasses filter light and protect your eyes from damaging ultra-violet (UV) rays. Long-term exposure to UV rays can lead to cataracts, macular degeneration, or skin cancer around the eyelids.

Who is at risk for eye problems caused by UV rays?

Everyone is at risk for sun-related eye problems. The risk is higher for people who:

- *spend long hours in the sun
- *have had cataract surgery or have certain retina disorders
- *are on certain medicines, such as tetracycline, sulfa drugs, birth control pills, diuretics, and tranquilizers that increase the eye's sensitivity to light.

What type of sunglasses should I get?

When buying sunglasses, look for a label that states how much UV radiation the lenses of the sunglasses reflect. Experts say that sunglasses should block 99-100% of both UV-A and UV-B rays. You should also consider wearing a wide-brimmed hat along with your sunglasses. This will help to block the sunlight from overhead.

Do children need sunglasses?

Children are at special risk from the harmful effects of UV, since their eyes do not have the same ability as adults to protect from UV radiation.

Source: Prevent Blindness America
(www.preventblindness.org)



When choosing sunglasses for children, make sure:

- *they fit well
- *are impact resistant
- *are large enough to shield the eyes from most angles

Learn the Signs. Act Early.

"It's time to change how we view a child's growth." That is the message from the Centers for Disease Control's **Learn the Signs. Act Early.** campaign.

From birth to 5 years, there are milestones children should reach in terms of how they play, learn, speak, and act. A delay in any of these areas could be a sign of a developmental problem, even autism. Fortunately, the earlier a delay is recognized, the more that can be done to help a child reach his or her full potential.

Every child develops at his or her own pace, but the CDC offers the following guide to the milestones you should be looking for as your child grows. If you have any concerns, talk with your child's doctor.

By the end of 7 months:

- *turns head when name is called
- *smiles back at another person
- *responds to sound with sounds
- *enjoys social play (such as peek-a-boo)

By the end of 1 year:

- *uses simple gestures (waving "bye-bye")
- *makes sounds such as "ma" and "da"

- *imitates actions in their play
- *responds when told "no"

By the end of 1.5 years (18 months):

- *does simple pretend play
- *points to interesting objects
- *looks at object when you point at it and tell them to "look!"
- *uses several single words unprompted

By the end of 2 years (24 months):

- *uses 2- to 4-word phrases
- *follows simple instructions
- *becomes more interested in other children
- *points to object or picture when named

By the end of 3 years (36 months):

- *shows affection for playmates
- *uses 4- to 5-word sentences
- *imitates adults and playmates
- *plays make-believe with dolls, animals, and people

By the end of 4 years (48 months):

- *uses 5- to 6-word sentences
- *cooperates with other children
- *follows 3-step commands ("Get dressed, comb your hair, and wash your face.")

Learn the Signs. Act Early.



To request a FREE Parent Resource Kit which includes an informational card, a series of fact sheets, and a growth chart call
1-800-CDC-INFO
or visit
www.cdc.gov/actearly

National Immunization Awareness Month



August is National Immunization Awareness Month, and time to check if you and your loved ones are up-to-date on your “shots”. In August, parents are enrolling children in school, older students are entering college, and adults and the health care community are preparing for the upcoming flu season. This makes August a good time to focus attention on the value of immunization.

Immunization has reduced and, in some cases, eliminated many diseases that years ago routinely killed or harmed thousands of infants, children and adults. Diseases, such as diphtheria, whooping cough, measles, chickenpox and influenza, still exist and can infect people who are not protected by vaccines. Vaccine-preventable diseases have a costly impact, resulting in doctor's visits, hospitalizations and premature deaths. Sick children can also cause parents to lose time from work.

Vaccines have been used since the 1700's and are recognized as among the safest and most effective means of preventing life-threatening infections. They protect the whole community by limiting the person-to-person spread of diseases, protecting not only the immunized person but those people, who for medical reasons, cannot be immunized.

For more information about vaccines and which ones are right for you, contact your doctor or Health Department. You can also use the online interactive tools at the National Immunization Program Website (www.cdc.gov/nip). Look for *Make a vaccination schedule for your child (birth to 5 years)* and *Adolescent and Adult Vaccine Quiz*.

Source: National Partnership for Immunization

Steps to a Healthier You

The U.S. Department of Agriculture (USDA) recently released the **MyPyramid** food guidance system. Along with the new symbol, the system provides many options to help Americans make healthy food choices and to be active every day.

Visit www.mypyramid.gov and enter your age, sex, and activity level in the “MyPyramid Plan” box to receive a quick estimate of what and how much you need to eat.

“MyPyramid Tracker” will give a detailed assessment of your food intake and physical activity level, and “Inside MyPyramid” will help you make smart choices from every food group, find your balance between food and physical activity, and get the most nutrition out of your calories.



Free Stuff

The **American Diabetes Association** *Wisdom Kit* is a fun and educational kit for kids with diabetes and their families. Call 1-800-DIABETES or order online at www.diabetes.org/for-parents-and-kids/wisdom-kit.jsp

Allergic Asthma For Dummies, available free from **Allergy & Asthma Network Mothers of Asthmatics**, is an easy-to-understand resource to help people with asthma determine whether they may have allergic asthma, what their triggers are and how to create a personalized management plan. Call 1-800-878-4403 or complete the order form at http://www.aanma.org/publications/pu_dummies.asp

Prevent Blindness America offers a *Family Home Eye Test*. To request a free copy call 1-800-331-2020 or visit www.preventblindness.org

Smokefree Dining

Reasons to patronize smoke free restaurants:

*Secondhand smoke causes heart and lung disease and kills more than 50,000 Americans every year.

*Restaurants are often smokier than other places -- two to five times smokier than the typical workplace.

*Young people are more likely to be healthy and free from addiction to nicotine if they grow up in a smoke-free world.

Source: NJGASP



For a list of LBI restaurants that are entirely smokefree indoors, visit www.lbima.org

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Visit us on the web:
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Supported by:
Long Beach Island Municipal Alliance
Governor's Council on
Alcoholism and Drug Abuse
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.*



Sun Safety 101

Choose SPF 15
(or higher).



Wear a hat.



Protect your eyes.



Seek shade.



Cover up.



Other Health Observances

June 5-11 is National Headache Awareness Week
www.headaches.org

June 5 is National Cancer Survivors Day
www.ncsdf.org

August 1-31 is National Pain Awareness Month
www.painconnection.org

August 1-7 is World Breastfeeding Week
www.lalecheleague.org



29th Annual **Family Health and Safety Fair**, September 10, 2005

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