



Shore Health

Long Beach Island
Health Department

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How to Stay Healthy This Flu Season

Vaccination is not the only way to help prevent the flu. Here are steps you and your family can take to stay healthy this winter.



Perhaps the simplest and most effective way is to wash your hands often-with soap and warm water. Rub your hands vigorously together and scrub all surfaces. Wash for at least 20 seconds. (Tip: have your children sing the "Happy Birthday" song twice while washing.) It is the soap combined with the scrubbing action that helps dislodge and remove germs. Use regular soap. Antibacterial soap is not necessary. These soaps may contribute to the growing problem of antibiotic resistance.



When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers. You can find them in most supermarkets and drugstores. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu. However, alcohol-based disposable hand wipes or gel sanitizers do not remove dirt.

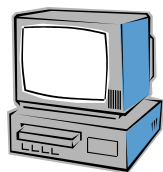
Avoid touching your eyes, nose or mouth. Germs are often spread when people touch something that is contaminated with germs and then touch their eyes, nose or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks and tables.



Cover your mouth and nose when coughing or sneezing. Viruses that infect the nose, throat and lungs cause illnesses like the flu (influenza). The flu usually spreads from person to person when an infected person coughs or sneezes and the droplets from the cough or sneeze move through the air and are deposited on the mouth or nose of people nearby. So, always cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, wash your hands, and do so every time you cough or sneeze.

If you feel ill, stay home from work and keep sick kids home from school or day-care. And keep in mind; most people with flu will recover just fine.

Source:
Massachusetts Department of Public Health



Why Don't We Do It In Our Sleeves? is a five minute video designed to encourage people to cough and sneeze according to the infection control guidelines put forth by the Center for Disease Control. It delivers a serious message in a humorous fashion.

View it online at: www.coughsafe.com

Handwashing for Kids

Henry the Hand www.henrythehand.com

The Scrub Club www.scrubclub.org/home.php

Lather Up for Good Health
www.colgate.com/app/LatherUpForGoodHealth/US/HomePage.cvsp

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Websites of interest:

www.fscnj.org
Family Support Center of NJ

www.ochd.org/ocmf.pdf
Ocean County Mammography Facilities

[www.powertolearn.com/
internet_smarts](http://www.powertolearn.com/internet_smarts)
Internet Smarts

www.aap.org/stress
Children, Teens, and Resiliency

www.kidsincars.org
Kids In Cars

[web.doh.state.nj.us/adrcnj/
index.aspx](http://web.doh.state.nj.us/adrcnj/index.aspx)
Aging and Disability Resource Connection

Heart-Healthy Grocery Shopping Made Easy



*"Shop Smart. Live Well.
Look for the heart-check mark!SM"*

This is the motto of the American Heart Association's Food Certification Program, an easy way for consumers to identify heart-healthy foods. Foods bearing the red heart with the white check mark meet the Program's standards for heart-healthy foods low in saturated fat and cholesterol.

You can now make a grocery list of certified foods by going to <http://checkmark.heart.org>. Build your list searching by food category or manufacturer. The "My Items" feature allows you to type in household items

like soap or pet food that you may also need to buy. When you are finished, click "Print List" and head for the store.

Dieticians warn that the heart association seal only identifies products that are low in fat and cholesterol; these products could still contain a lot of added sugar. And remember: the Food Certification Program is designed for healthy people over age 2. If you have a medical condition, you should talk with your physician or registered dietitian before making any changes in your diet.

For printed materials about heart-healthy eating (such as a copy of the American Heart Association Diet) or other heart-and-stroke-related topics, call

**1-800-AHA-USA1
(1-800-242-8721)**

Bullying

Schools are back in session - and so are bullies. It can happen on the playground, in the classroom, on the school bus, in the neighborhood, or over the Internet. Whether physical or verbal, bullying can have lasting effects.

The following tips from the **American Academy of Pediatrics** offer advice for parents whose child is being bullied, whose child is a bully, and whose child is a bystander to bullying.

When Your Child Is Bullied

*Help your child learn how to respond by teaching your child how to:

1. Look the bully in the eye.
2. Stand tall and stay calm in a difficult situation.
3. Walk away.

*Teach your child how to say in a firm voice.

1. "I don't like what you are doing."
2. "Please do NOT talk to me like that."
3. "Why would you say that?"

*Teach your child when and how to ask for help.

*Encourage your child to make friends with other children.

*Support activities that interest your child.

*Alert school officials to the problems and work with them on solutions.

*Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.

When Your Child Is the Bully

*Be sure your child knows that bullying is never OK.

*Set firm and consistent limits on your child's aggressive behavior.

*Be a positive role model. Show children they can get what they want without teasing, threatening or hurting someone.

*Use effective, non-physical discipline, such as loss of privileges.

*Develop practical solutions with the school principal, teachers, counselors and parents of the children your child has bullied.

When Your Child Is a Bystander

*Tell your child not to cheer on or even quietly watch bullying.

*Encourage your child to tell a trusted adult about the bullying.

*Help your child support other children who may be bullied.

*Encourage your child to include these children in activities.

*Encourage your child to join with others in telling bullies to stop.

(Source: Medem TM
Smart Parents' Health Source)



To learn more:
Cyberbullying
<http://cyberbully.org>.

*Take a Stand. Lend a Hand.
Stop Bullying Now! Campaign*
<http://stopbullyingnow.hrsa.gov>

*The Bully Roundup.
BAM! Body and Mind*
http://www.bam.gov/sub_yourlife/yourlife_bullyroundup.html

February 2, 2007 is National Wear Red Day!

National Wear Red Day has been observed yearly since 2002 as part of The Heart Truth, an awareness campaign or women about heart disease. The Red Dress is intended to remind women of the need to protect their heart health.

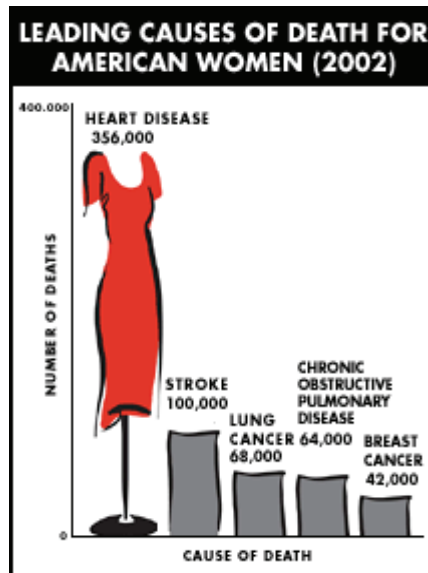
Heart disease kills one out of every three American women. Unfortunately, only 55 percent of women know that heart disease is their leading cause of death and fewer still do not understand the connection between its risk factors, such as high blood pressure and high cholesterol, and their personal risk of developing heart disease. Heart disease develops over time and can start at a

young age, even in the teen years. It's never too early, or too late, to take action to prevent and control the risk factors for heart disease.

National Wear Red Day, the first Friday in February, provides an opportunity for everyone to unite in this life-saving awareness movement by showing off a favorite red dress, shirt, tie, or Red Dress Pin.

Visit www.hearttruth.gov for more information on *The Heart Truth* campaign.

Source: National Heart, Lung, and Blood Institute



TEN COMMANDMENTS FOR A HEALTHY HEART

1. *Know your risk factors for heart disease.*
2. *Talk to your doctor about reducing your risk of heart disease.*
3. *Have your blood pressure checked regularly.*
4. *Know your cholesterol numbers: total cholesterol, HDL, LDL and triglycerides.*
5. *Have your blood sugar level checked for diabetes.*
6. *Do not smoke cigarettes or use other tobacco products.*
7. *Eat for your heart health.*
8. *Get regular physical activity. [At least 30 minutes of moderate physical activity on most or all days of the week.]*
9. *Aim for a healthy weight.*
10. *Know the signs and symptoms of a heart attack and the importance of seeking medical help immediately.*

Get Flu Ready New Jersey

Every year in the United States, 5% to 20% of the population gets seasonal flu. Since it is caused by influenza viruses that are similar to those already circulating, vaccines are an effective method of prevention. Health experts are worried that a new influenza virus that people have not been exposed to before could cause a pandemic, or worldwide, outbreak. This form of flu is likely to be more severe, affect more people, and cause more deaths than seasonal influenza because people will not have immunity to the new virus and flu shots will not be able to offer protection.

Preparing ahead of time will help bring the peace of mind and confidence to deal with a pandemic, and possibly lessen its effects. The New Jersey Department of Health and Senior Services (DHSS) has launched a public awareness campaign –“Get Flu Ready New Jersey” – to help individuals, families, businesses and schools prepare for a potential influenza pandemic. According to Commissioner of Health, Fred M. Jacobs, M.D., J.D., “Every New Jersey resident should know how to prepare their families, friends, coworkers and neighbors for an influenza pandemic. We don’t know when a pandemic will occur or how severe it will be, but there are steps everyone can take now to prepare for a worldwide flu outbreak.”

The campaign website—www.NJFluPandemic.gov—provides residents, businesses, schools and health care professionals with comprehensive information about the possibility of a global outbreak of influenza. Information is available in both English and Spanish.



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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
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.*



Year Round Programs

Adult Health Promotion-Blood pressure screening, and health education

Health Department 11601 Long Beach Boulevard Haven Beach
2nd & 4th Wednesday --10:00AM -12 noon

Beach Haven Borough Hall Engleside & Bay Avenues Beach Haven
1st Monday --10:00AM -12 noon

Bank of America 1501 Long Beach Boulevard Ship Bottom
1st Tuesday --9:30AM -10:30AM

LBI Library 217 S Central Avenue Ship Bottom
1st Tuesday --11:00AM -12 noon

Harvey Cedars Borough Hall 76th & Long Beach Blvd. Harvey Cedars
3rd Tuesday --9:30AM -10:30AM

Barnegat Light Borough Hall 10 W 10th St Barnegat Light
3rd Tuesday --11:00AM -12 noon

Lifestyle Intervention Program with a Certified Diabetes Educator
Nutrition Counseling/Physical Activity Motivation/Bloodwork Review

Well Child and Adolescent Program-physical examinations & immunizations for infants, children and adolescents through age 18, including kindergarten and college entry, sports, working papers, and camp physicals

WIC-provides nutritious foods, information on healthy eating and referrals for health care to pregnant and breast feeding women, infants and children under 5

Diabetes Education-counseling, referral, safe disposal of insulin syringes

Lead Poisoning Prevention-early detection and prevention of lead poisoning in children ages 6 months to 5 years through education, screening, & referral

Communicable Disease-tuberculosis testing and follow-up, investigation of infectious diseases, HIV/AIDS counseling

Travel & Other Adult Immunizations-Tetanus, Pneumonia, Hepatitis A, Hepatitis B, and Meningococcal. Call for more information or appointment