

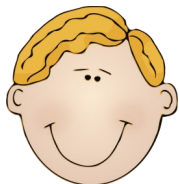


Shore Health

Long Beach Island
Health Department

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Be Happy Be Healthy



Numerous books and magazine articles, in recent years, have been devoted to helping us be happier. For many people, focusing on positive emotions takes a back seat to the daily activities and stresses of life. The research is showing, however, that happiness and health go hand in hand and that we should be as attentive to our moods and attitudes as we are to our physical health. A positive attitude can protect against poor health

later in life and can help you fight stress, pain and illness. Scientific studies have been finding that happiness can make our hearts healthier, our immune systems stronger, and our lives longer.

While life circumstances that affect happiness might be outside of our control, there are some steps we can take to feel happier:

Get Moving-Even short bursts of exercise, as little as 10 minutes can elevate the chemical levels in the brain that perk up your mood.

Flower Power-Keeping fresh flowers at home does wonders in keeping away anxiety and negative moods. One study also shows that looking at flowers first thing in the morning leads to increased happiness and energy .

Help Yourself by Helping Others-Volunteers who devote time to community organizations or who informally help out friends, relatives and neighbors, report greater happiness and better health than those who don't.

Spend Time with Pets-People who share space with a pet experience less stress and have lower blood pressure, cholesterol levels and triglyceride levels than those who don't. Petting a dog for only 15 minutes releases mood-enhancing hormones, while lowering the stress hormones. If you are not ready to commit to owning a dog or cat, consider spending time with a family member or neighbor's dog, volunteering to walk animals at a shelter, having goldfish, or simply hanging a birdfeeder outside.

Eat the Right Foods-Happiness and mental well-being are highest among people who eat a good amount of fruit and vegetables per day, especially dark, leafy greens such as spinach and kale. Smelling citrus scents, such as orange, lemon, and grapefruit bring out positive chemical reactions in your brain as well as work to ease stress. Carbohydrates, such as whole grains, can help raise levels of mood boosting hormones in our brains-think Cheerios, not cookies. Other food that boost moods: coffee, green tea, chocolate, healthy fats like avocado and salmon.

Get Back to Nature- Outdoor activities like walking, gardening, fishing can help our ability to concentrate, helps memory and restores us. Even just *looking* at images of nature scenes can stimulate the parts of your brain associated with happiness.

Have a Good Laugh-Laughter prompts physical changes that help the immune and endocrine systems function better. Scientists know that stress has a negative effect on the heart and causes blood vessels to narrow. Laughter has the opposite effect, releasing chemicals that cause blood vessels to open.

Smile-The simple act of smiling—even if you have to force it—might help to activate the happiness centers in your brain, leaving you in a better mood.

Sources: Health Magazine, University of Minnesota, Harvard Medical School

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Websites of interest:

Healthy Pets Healthy People
www.cdc.gov/healthypets

Travel Health Notices
wwwnc.cdc.gov/travel/notices

Consumer Product Safety Commission
www.cpsc.gov/en

New Jersey Poison Control
www.njpies.org

Air Quality Awareness
www3.epa.gov/airnow/airaware

Action for Healthy Kids
www.actionforhealthykids.org

Spot Skin Cancer
www.aad.org/public/spot-skin-cancer

Hurricane Preparedness
www.nws.noaa.gov/om/hurricane

Health Through Heritage
<http://oldwayspt.org>

National Hearing Test
www.nationalhearingtest.org

Head Lice: What Parents Need to Know

Each year millions of school-aged children in the United States get head lice. Though head lice may be a nuisance, they don't cause serious illness or carry any diseases. The following information from the American Academy of Pediatrics (AAP) will help you check for, treat, and prevent the spread of head lice.

What are head lice?

Head lice are tiny insects, about the size of a sesame seed. They feed on tiny amounts of blood from the scalp. They usually survive less than a day if not on a person's scalp. Lice lay and attach their eggs to hair close to the scalp. The eggs and their shell casings are called nits. They are oval and usually yellow to white. Nits are attached with a sticky substance that holds them firmly in place. After the eggs hatch, the empty nits remain attached to the hair shaft.

Who gets head lice?

Anyone, no matter how clean your hair or home may be, can get head lice. Head lice are most common in preschool and elementary school-aged children. It doesn't matter where children and families live, play, or work.

How are head lice spread?

Head lice are crawling insects. They cannot jump, hop, or fly. The main way head lice spread is from close, prolonged head-to-head contact. There is a very small chance that head lice will spread because of sharing items such as combs, brushes, and hats.

What are symptoms of head lice?

The most common symptom of head lice is itching. It may take up to 4 weeks after lice get on the scalp for the itching to begin. Most of the itching happens behind the ears or at the back of the neck. Also, itching caused by head lice can last for weeks, even after the lice are gone.

How do you check for head lice?

Seat your child in a brightly lit room. Part the hair and look at your child's scalp, look for crawling lice and for nits. Live lice are hard to find, they avoid light and move quickly. Nits will look like small white or yellow-brown specks and be firmly attached to the hair near the scalp. The easiest place to find them is at the hairline at the back of the neck or behind the ears. Nits can be confused with many other things, such as dandruff, dirt particles, or hair spray droplets. The way to tell the difference is that nits are attached while dandruff, dirt, or other particles are not.

How do you treat head lice?

Check with your child's doctor first before beginning any head lice treatment. The most effective way to treat head lice is with head lice medicine. Usually an over-the-counter medication containing 1 percent permethrin or pyrethrins is the first choice of treatment for active lice infestations. Your pharmacist can help you choose a safe, affordable product.

After applying the product according to the manufacturer's instructions, parents should follow with nit removal with a fine toothed comb. The treatment may need to be reapplied at day 9, and if needed, at day 18, but check with your doctor first.

Medicine should only be used when it is certain that your child has head lice. If your efforts are not successful, call your child's doctor, you may need a prescription medication.

What else do I need to know about treating head lice?

You do not need to throw away any items belonging to your child. However, you may want to wash your child's clothes, towels, hats, and bed linens in hot water and dry on high heat if they were used within 3 days before head lice were found and treated. Items that cannot be washed may be dry-cleaned or sealed in a plastic bag for 2 weeks. If your child has head lice, all household members and close contacts should also be checked and treated if necessary.

Do not spray pesticides in your home; they can expose your family to dangerous chemicals and are not necessary when you treat your child's scalp and hair properly.

Do not use home remedies, like petroleum jelly, mayonnaise, tub margarine, herbal oils, or olive oil, gasoline or kerosene, dishwashing detergent or plastic bags. They have not been scientifically proven to work and can be dangerous.

For more information go to:

<https://www.healthychildren.org/English/health-issues/conditions/from-insects-animals/Pages/Signs-of-Lice.aspx>

Planning a trip? Do your homework before traveling.

Every year more and more Americans are traveling internationally — for vacation, business, and volunteerism, and to visit friends and family. Whatever your reason for traveling, the Centers for Disease and Control wants you to be proactive, prepared, and protected when it comes to your health—and the health of others—while you are traveling. The following steps and resources can help you do just that:

- Pack a travel health kit. Find a list of items to include at <http://wwwnc.cdc.gov/travel/page/pack-smart>
- Learn about destination-specific health risks and recommendations by visiting <http://wwwnc.cdc.gov/travel>
- See a healthcare provider familiar with travel medicine, ideally four to six weeks before your trip. Go to <http://www.lbihealth.com/travel-health.html> for help in finding a local provider.

Nightly news reports of Zika virus have brought to the forefront the importance of mosquito bite prevention when traveling to tropical destinations. Mosquito bites are bothersome enough, but when you consider risks such as malaria, chikungunya, dengue, and Zika, it's important that you choose products that work well and that you feel comfortable regularly using. Here's how to protect yourself and your family from mosquito bites:

Keep mosquitoes out of your hotel room or lodging

- Choose a hotel or lodging with air conditioning or screens on windows and doors.
- Sleep under a mosquito bed net if you are outside or in a room that is not well screened. Mosquitoes can live indoors and will bite at any time, day or night. You can buy a bed net at your local outdoor store or online before traveling overseas.

Cover up!

- Wear long-sleeved shirts and long pants.
- Mosquitoes may bite through thin clothing. Treat clothes with permethrin or another Environmental Protection Agency (EPA)-registered insecticide for extra protection.

Wear an EPA-registered insect repellent, such as Off!, Cutter, Skin So Soft Bug Guard Plus, Repel -Yes! It is safe. When used as directed, insect repellent is the BEST way to protect yourself from mosquito bites—even children and pregnant women should protect themselves.

- Consider bringing insect repellent with you.
- Always follow the product label instructions.
- Reapply insect repellent every few hours.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first.

For more information: www2.epa.gov/insect-repellents

If you are travelling with a baby or child:

- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months of age. Instead, dress infants or small children in clothing that covers arms and legs, or cover the crib, stroller, and baby carrier with mosquito netting.
- Adults: Spray insect repellent onto your hands and then apply to a child's face. Do not apply insect repellent to a child's hands, mouth, cut or irritated skin.

After you return:

Visit your healthcare provider right away if you develop a fever, headache, rash, muscle or joint pain. Always tell your doctor about recent international travel. Visit <http://wwwnc.cdc.gov/travel/page/getting-sick-after-travel> for more information.

Pregnant women can get up to date information on Zika at: <http://www.cdc.gov/zika/pregnancy/index.html>



TravWell App for iPhone and Android

CDC's TravWell app helps you plan for safe and healthy international travel. Build a trip to get destination-specific vaccine recommendations, a checklist of what you need to do to prepare for travel, and a customizable healthy travel packing list. The app also lets you store travel documents, keep a record of your medications and immunizations, and set reminders to get vaccine booster doses or take medicines while you're traveling.



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*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.

Coming in Spring 2016

How Healthy is Your Colon?
Thursday, March 3, 6:00-7:30pm
St. Francis Community Center

Robert E Khoo, M.D., will discuss the risk factors, how early detection can save your life, and treatment options. Free colorectal take-home kits will be provided. Light dinner will be served.
To register and for more information call:
1-800-DOCTORS

Men's Health Night
Wednesday, March 23, 6:30-8:30pm
Southern Ocean Medical Center

Healthy Choices
A Time for Mothers and Daughters
For Sixth, Seventh and Eighth grade students and their moms

Tuesday, March 15
5:30-9 pm (registration opens at 5 pm)
Sea Oaks Country Club, Little Egg Harbor
Dinner and Door Prizes Included

Program Includes: • Improving Communication • Bullying "One Girls Story" • Self-Defense • Ask Dr. Lisa • Alcohol and Drug Awareness • Mother/Daughter Time together • And more!

**Registration is required by March 9
Call 1-800-DOCTORS (1-800-362-8677)**

Family Health & Safety Fair
Friday, April 15, 10:00am-2:00pm
St. Francis Community Center
Free continental breakfast, health screenings, & education

Dr. Jan Astin Mobile Digital Mammography Van
Tuesday, May 24
St. Francis Community Center
To make an appointment call (609) 677-XRAY (9729)
Most insurance plans accepted. Funds are available to provide mammograms to women without insurance coverage.

Sunday, March 13, 2016

Change your clock,



CHANGE your batteries