



# Shore Health

Long Beach Island  
Health Department

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## Fight the Bite



Spending time together outdoors is good for the whole family. Don't let bug bites ruin your fun. Most bug bites are harmless, but some mosquitoes and ticks carry diseases. The good news is that you can take easy steps to protect yourself and your family from mosquito and tick bites.

**Keep mosquitoes away from your home**-Many mosquitoes lay their eggs in standing (still) water. To help keep mosquitoes away:

Empty water from unused or forgotten items (like old tires, buckets, or toys) in your yard. Turn them upside down so water can't collect in them.

Don't let water sit in the bases of flower pots.

Change the water in your kids' wading pool at least once a week. Be sure to store the pool on its side.

**Keep ticks away from your home**-Many types of ticks live in areas with woods, bushes, or high grass. Animals like mice, dogs and deer may also carry ticks in their fur. To help keep ticks away from your home:

Clear bushes, tall grasses, and fallen leaves from around your home. Mow the lawn often.

Use wood chips or gravel to separate your patio or play equipment from wooded or brushy areas.

Remove plants that attract deer, and put up a fence to keep deer out of your yard.

Consider applying tick control products to your yard. You can do this yourself or hire a pest control company.

### Use bug (insect) repellent.

#### What type of repellent do I need?

To avoid tick and mosquito bites, use a spray or lotion with DEET, such as Off! or Cutter. You can also look for repellents with picaridin, such as Skin So Soft Bug Guard Plus; oil of lemon eucalyptus such as Repel (do not use on children <3); or IR353, such as Skin So Soft Bug Guard Plus Expedition.

It's a good idea to use sunscreen when you are outside, but get a separate sunscreen lotion. Don't use bug repellent that has sunscreen already mixed in.

Use a spray with permethrin on your clothes, shoes, and camping gear to repel ticks and mosquitoes. Never use permethrin directly on your skin.

Use a veterinarian-approved tick collar or spot-on repellent on your pets. Dogs and cats need different tick control medicines, so make sure to get the right one.

#### How do I use bug (insect) repellent?

Apply sunscreen first, then put on bug repellent.

Spray it on your clothes or on exposed skin before you go outside.

Don't spray repellent directly on your face. Instead, use your hands to carefully rub it on your face. You can also use wipes that contain bug repellent to protect your face.

Don't use repellent on babies under 2 months old.

Wash repellent off skin with soap and water when you go inside. *Continued on Page 3*

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### Websites of interest:

Make Summer Safe for Kids  
[www.cdc.gov/family/kids/summer](http://www.cdc.gov/family/kids/summer)

Weather Ready Nation  
[www.nws.noaa.gov/com/weatherreadynation/](http://www.nws.noaa.gov/com/weatherreadynation/)

NJ 211 Need Help? Start Here.  
[www.nj211.org](http://www.nj211.org)

Resources for Ocean County Children and Families  
[www.oceanresourcenet.org](http://www.oceanresourcenet.org)

Sun Safety Alliance  
[www.sunsafetyalliance.org](http://www.sunsafetyalliance.org)

Avoid Getting Caught in a Rip Current  
[www.ripcurrents.noaa.gov](http://www.ripcurrents.noaa.gov)

Current Beach Status  
[www.njbeaches.org](http://www.njbeaches.org)

NJ Smoke Free Air  
[www.nj.gov/health/ctcp/smokefree](http://www.nj.gov/health/ctcp/smokefree)

Food, Consumer and Child Product Recalls  
[www.lbihealth.com/recalls.html](http://www.lbihealth.com/recalls.html)

## Treating Your Body like a Computer

If your body were a computer, would it be receiving lots of “error” messages? Is it beginning to run slower and take longer to “start?” Here’s a checklist to help optimize your performance and prevent crashing.

### **Are you trying to run too many programs at the same time?**

If you’re operating less efficiently because there are too many activities making demands on your system, shut down some programs. Some examples include:

- If time is tight, rather than make a special company dinner from “scratch,” invite people for a potluck meal.
- No time to work out AND fix your hair afterwards ... get a new hairstyle or cover your hair with some type of interesting headgear. Who knows ... you might start a whole new product line!

You may actually accomplish more if you don’t try to accomplish several things at the same time. Researchers, such as Dr. Earl Miller, Massachusetts Institute of Technology Picower professor of neuroscience, are finding that multi-tasking can be less efficient than doing one task at a time, especially if the tasks are more complex.

Consider scheduling tasks for separate times, for example:

- Alternate cooking days with workout days. Cook ahead on cooking days, freeing up time on your workout days.
- Plan a casserole or stew that can cook while you do yoga or take a walk.

If you do multi-task, combine a task that doesn’t demand as much input from your system as the other task. Here are two possible examples:

- Work out on a treadmill while watching TV.
- Listen to music while cooking.

### **Is your anti-virus software up-to-date and running?**

If you’re susceptible to every bug that comes around, it’s time to check if you’re eating right, getting enough sleep, being physically active and reducing stress. The cost and time for “repairs” may be greater than the amount needed for prevention.

### **Is your battery dangerously low?**

Recharge your battery before it loses power completely. Habit #7 in Stephen Covey’s *The 7 Habits of Highly Effective People* is “Sharpen the Saw.” Covey tells the story of a woodcutter whose productivity decreased after sawing for several days straight. Each day his saw became duller and duller. Covey advocates a balanced program for self-renewal in these four areas of your life: physical, social/emotional, mental and spiritual. Recharge by eating healthy, getting some physical activity, making meaningful connections with others, stimulating your mind and devoting time to your spiritual renewal through such means as time spent in nature, music, prayer or service.

### **Are you bogged down by unneeded files and programs?**

Remove anything from your life that isn’t needed and slows your overall performance. For example:

- Do you still belong to a club or organization that no longer meets your needs or interests? The time you’re giving this activity is taking time from something else. Move on!
- Are you ironing (what’s an iron, some of you may say!) the whole shirt when only the collar will show under your sweater?

### **Do you need to hit “escape,” “undo” or “delete?”**

Your computer offers several options if you change your mind about a decision. Offer yourself that same choice with your life. You may have a reputation for always saying “yes” to a request for help, regardless of how busy you are. The next time, say something such as one of the following examples. It’s not necessary to elaborate and give an explanation.

- “I’m sorry but I’m not available that night” or “I have another commitment for that time.”
- “I can’t help you right now, but I could (in a half hour, next week, next month ...).”
- “I can only help you for an hour, and then I have to leave.” Leave after an hour ... even if it’s just to go to the bathroom if you’re at your office!
- “I can’t do that right now, but I could ... (name a less time-consuming task).”

### **Time to reboot**

Now, that you’ve finished trouble-shooting your personal system, consider making some changes. Then, reboot your body and enjoy the benefits!

*Author: Alice Henneman, MS, RDN, University of Nebraska–Lincoln, Institute of Agriculture and Natural Resources*

## Fight the Bite (continued)

*Continued from page 1*

### **Cover up**

**Wear long pants, shirts with long sleeves, and socks.**

Cover up your skin so that it's harder for mosquitoes and ticks to bite you. This is especially helpful in the morning and evening when many mosquitoes often bite.

**Take a shower after being outside in an area that might have ticks.**

A shower can help get ticks off of you and lower your risk of disease. Try to shower within 2 hours of going back inside.

**Check for ticks after spending time outside – even in your yard**—Check everybody in the family, including pets. Check the entire body, especially:

- Under the arms
- In and around the ears
- Behind the knees and in the groin (crotch)
- Around the waist and inside the belly button
- In and around hair

### **Treat Tick Bites**

- Use tweezers to remove a tick as soon as you see it.
- Grab the tick near its head or mouth (the part closest to your skin).
- Gently pull the whole tick straight out. Be careful not to crush or twist the tick.
- Wash your hands and the bite with soap and water.
- Put rubbing alcohol on the bite.
- Don't use a hot match to kill and remove a tick.

### **Tell the doctor if you get sick after a tick bite.**

If you or your child gets a rash or fever after getting bitten by a tick, call the doctor. Tell the doctor about the tick bite, when it happened, and where you think you were when you got the bite.

Source: U.S. Department of Health and Human Services

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## What About Zika?

Zika is a viral infection caused by the bite of an infected mosquito. Only one in five infected people develop symptoms and the infection is usually mild. Mosquito bites are the main way that people become infected, but it can also be spread from person-to-person through sexual activity and possibly through blood transfusions. Zika is not an airborne disease and cannot be spread by coughing, sneezing or talking.

The best way to prevent Zika is to avoid mosquito bites when traveling to an area where Zika is present. You can find a list of countries that are currently experiencing a Zika outbreak by going to:

<http://wwwnc.cdc.gov/travel/page/zika-travel-information>

No local mosquito-borne Zika virus disease cases have been reported in US states, but there have been travel-associated cases. To date, there have been 14 cases of Zika Virus Disease in New Jersey, ALL were related to travel. Based on the studies of other mosquito borne diseases, a widespread outbreak of Zika is unlikely in the US. Good surveillance, mosquito control efforts and use of screens and air conditioning will reduce exposure to mosquitoes.

Resources for more information:

- 24/7 Zika Call Center, 1-800-962-1253, is a partnership between the New Jersey Department of Health and NJ Poison Information and Education System
- New Jersey Department of Health <http://www.nj.gov/health/cd/zika>
- Centers for Disease and Control <http://www.cdc.gov/zika>



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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.

## Summer Events

### 9th Annual Choose Your Cover

Free Skin Cancer Screening

Wear your bathing suit or beach attire.

When: Saturday, July 16-10:00AM-2:00PM

Where: 20th Street Beach End in Ship Bottom

### Dr. Jan Astin Mobile Digital Mammography Van

Tuesday, July 19

To make an appointment call (609) 677-XRAY (9729)  
Most insurance plans accepted. Funds are available to provide  
mammograms to women without insurance coverage.

### National Night Out – FREE Police Community Fun Night

Tuesday, August 2, 5:00 PM-9:00PM

Bayview Park, Brant Beach

Concerts, activities, demonstrations, food and drink

Long Beach Township and Stafford Township Police Departments will  
be on hand along with area community services.



Rain washes pollutants into storm drains and directly into our lakes,  
rivers and the ocean. So what can you do?

- Recycle used oil at certified facilities and maintain your vehicle to prevent leaks.
- Follow the directions on the fertilizer bag, do not apply before it rains and use only when necessary.
- Take your car to a car wash where the water gets treated and recycled
- Properly dispose of your pet's waste by flushing it down the toilet or by placing it in a bag and throwing it in the trash.

Learn more at [www.cleanwaternj.org](http://www.cleanwaternj.org)



### Clean Your Grill Safely

*Did you know that grill brush you are using  
to clean your grill may need to be replaced?*

Since 2012, there has been a rise in Emergency Room visits caused by bristles from grill brushes. The bristles fall off grilling-cleaning brushes, stick to the grill grate and then end-up on whatever food is being cooked, eventually being swallowed by the diner. Experts suggest replacing your brush every spring or opt for coil brushes that do not have bristles or even crumpled aluminum.