



SHORE HEALTH

SUMMER 2019

Long Beach Island
Health Department

609-492-1212
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Protecting your child while visiting the beach this summer is mostly about preparation. A great beach day includes hot weather and a bright sunny day but put the two together, they can be dangerous for our little ones.

Even though knowing how to safely take the youngest members of your family out in extreme temperatures can be a little confusing at first, remember that if you're cold, chances are your baby is cold, and if you're hot, well, you get the drill.

Dressing babies and young children for warm weather:

Take away layers. When the temperature is over 75 degrees F, a single layer should be enough for baby or young child. Dress your baby in the same layer of clothes you are wearing. Always bring an extra layer just in case!

Cover the head with a lightweight hat. Hats are important to protect young children from too much sunlight.

Sun safety:

Keep children shielded from the sun. The FDA states the best approach is to keep infants under 6 months out of the sun completely and to avoid sun exposure between the hours of 10 a.m. and 2 p.m., when ultraviolet (UV) rays are most intense. The use of sunscreen in babies under 6 months old should be avoided.

Additionally, for children 6 months or older, sunscreen is a must! Talk to your physician about the right sunscreen for your child.

Make sure shade is available if you're headed to the beach, and **limit your time in the heat to a few minutes at a time**, especially at midday when the sun is strongest. Beach umbrellas, pop up tents, or shady trees are perfect.

Protect those peepers. Make sure that your child's eyes are protected from the sun with 100 percent UV protection sunglasses.

Hydrate: In the heat, young children are at greater risk of becoming dehydrated. Give your child fluids if you're out in the sun for more than a few minutes. Don't forget to use a cooler to store the liquids.

Always remember that babies have not fully developed their internal cooling systems of sweating and cooling off like older people. Young children may look flushed, their skin will be warm to touch or they may breathe rapidly if they're overheated. This can also cause them to be cranky and irritable and, in more extreme cases, lead to heat stroke. If your child seems overheated, start to remove layers, head inside and then call your pediatrician or 911 if he does not cool down immediately.

A little preparation before you hit the beach for some summer fun will allow for a safe, memorable day with your entire family!

For other great tips please visit these websites: www.cyh.com/healthtopics, www.cdc.gov, and www.kidshealth.org.

The Long Beach Island Health Department is the branch of local government responsible for the health of 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.



WEBSITES OF INTEREST:

www.cdc.gov

<http://njquitline.org/>

www.lbihealth.com



"Register Ready – New Jersey's Special Needs Registry for Disasters"

Allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency. For more information and registration call Long Beach Island Health Department at 609-492-1212 or visit www.registerready.nj.gov





ADULT SUN SAFETY GUIDELINES



Summer is here and just being outside exposes us to the damaging rays of the Sun. The Skin Cancer Foundation states more people are diagnosed with skin cancer each year in the U.S. than all other cancers combined.

One in five Americans will develop skin cancer by the age of 70. For that reason, the Long Beach Island Health Department recommends the following to lower your risk of developing skin cancer:

- **Cover up** with clothing, a wide-brimmed hat, and UV blocking sunglasses. Remember clothing should be your first means of protection.
- **Use a broad spectrum sunscreen** of at least 30 SPF.
- **Apply** at least 1 oz. (the size of a shot glass) of sunscreen 15 minutes before going outside and reapply every 2 hours or after swimming, sweating or toweling off.
- **Seek shade**-limit exposure between the hours of 10 a.m. and 4 p.m.
- **Avoid tanning beds.**
- **Visit a dermatologist yearly for a full body skin check.**

For more detailed information about prevention go to the National Council on Skin Cancer Prevention at www.skincancerprevention.org or the Skin Cancer Foundation at www.skincancer.org.

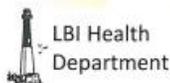
11th Annual Choose Your Cover

A Free Skin Cancer Screening At the Beach!

Wear your bathing suit or beach attire.
"FREE" Educational materials and Giveaways!

Saturday, July 20th, 2019
10:00 am – 2:00 pm
Bayview Park
68th & Long Beach Blvd.
Brant Beach, NJ 08008

Funded and Sponsored By



UPCOMING EVENTS

Mobile Mammogram
June 7, 2019 & August 2, 2019
10:00 AM – 3:00 PM
St. Francis Center
4700 Long Beach Blvd., Brant Beach

Choose Your Cover
Free Skin Cancer Screening
July 20, 2019
10:00 AM – 2:00 PM
Bayview Park
68th & Long Beach Blvd., Brant Beach

Safe Syringe Disposal
Long Beach Island Health Dept.
2119 Long Beach Blvd., Ship Bottom
Appointment Necessary
Call 609-492-1212
Syringes must be in a hard container with taped lid (Coffee can, Detergent Bottle)

NIXLE keeps you up-to-date with relevant information from your local public safety departments and schools. To opt in, go to www.nixle.com or text your zip code to 888777

ADULT HEALTH PROMOTION CLINICS

Public Health Nurses are available for blood pressure screening, risk factor assessment, and health education at these locations monthly:

Long Beach Island Health Department
 2119 Long Beach Boulevard, Ship Bottom
 2nd Wednesday – 10:00 AM – 11:00 AM

Long Beach Island Branch of the Ocean County Library
 217 S Central Ave, Surf City
 1st Tuesday – 11:00 AM – 12 noon

Harvey Cedars Borough Hall
 76th & Long Beach Boulevard, Harvey Cedars
 3rd Tuesday – 9:30 AM- 10:30 AM

Barnegat Light Borough Hall
 10 E 7th Street, Barnegat Light
 3rd Tuesday – 11:00 AM – 12 noon



For information about current beach status, water quality sample results, reports of beach advisories and beach closings, information on other events that affect beaches, and daily updates from our coastal surveillance flights visit: www.njbeaches.org