



SHORE HEALTH

SPRING 2021

Long Beach Island
Health Department

609-492-1212
lbihd@lbihealth.com

American Stroke Awareness Month



Did you know?

Every 40 seconds, someone in the U.S. has a stroke. There are an estimated 17 million strokes worldwide each year.

About Stroke:

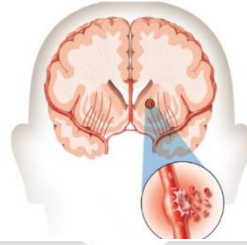
If something happens to block the flow of blood, brain cells start to die *within minutes* because they can not get oxygen. This causes a stroke. A stroke can cause lasting brain damage, long-term disability, or even death.

There are two types of stroke:

- An **ischemic stroke** occurs when blood clots or other particles block the blood vessels to the brain.
- A **hemorrhagic stroke** occurs when a blood vessel bursts in the brain. Blood builds up and damages surrounding brain tissue.
- A **TIA (transient ischemic attack)** or "mini stroke", is caused by a temporary clot.

Up to 80% of ischemic strokes and heart attacks may be prevented by:

- Managing blood pressure, cholesterol and diabetes
- Making healthy lifestyle choices
- Taking medications as recommended by your doctor.



PREVENTION CHECKLIST

I plan to take these steps instead of having another stroke:

- Manage high blood pressure
- Control cholesterol
- Reduce blood sugar
- Be active
- Eat better
- Lose weight
- Stop smoking
- Discuss an aspirin regimen with my doctor

During a stroke, every minute counts! By knowing the signs and symptoms of stroke, you can take quick action and perhaps save a life—maybe even your own.

Signs of Stroke in Men and Women:

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking, or difficulty understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination.
- Sudden severe headache with no known cause.

Call 9-1-1 right away if you or someone else has any of these symptoms.



To learn more visit: <https://www.stroke.org/en/about-stroke>

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
- www.fema.gov
- www.njqitline.org
- covid19.nj.gov/
- www.lbihealth.com





9 Strategies for a Healthy Spring

Spring into action! Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these 9 healthy habits for spring.



Move more, Sit less. Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.



Eat a healthy diet. Make healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.



Rethink your drink. Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.



Get enough sleep. Adults need at least 7 hours of sleep a night. Kids 6–12 need 9–12 hours of sleep a night. Teens 13–18 need 8–10 hours of sleep a night.



Quit Smoking. You can do it! Call 1-800-QUIT-NOW for free support.



Be sun safe. Wear long-sleeved shirts and long pants a wide-brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15.



Brush your teeth. Brush twice a day with fluoride toothpaste.



Get your check ups. Visit your doctor regularly for preventive services like cancer and diabetes screenings.



Learn your health history. Talk to your family and your doctor about your family health history.

Learn more ways to stay healthy and prevent chronic disease at www.cdc.gov/chronicdisease

SERVICES OFFERED:

COVID-19 VACCINE:

Visit our website at <http://lbihealth.com/covid-19-vaccine-scheduling/>

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)

RESOURCES:

NJ Covid-19 Vaccine Hotline for Seniors 75+: Call (856)-249-7007

NJ toll-free Covid-19 Vaccination Hotline: 1-(855)-568-0545

Ocean County Senior Service Call Center: 1-(732) 929-2091

NJCEED provides outreach, educational and screening services for breast, cervical, colorectal and prostate cancers. To find out if you are eligible for a **free** cancer screening call: (732)-557-3202.

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

Holiday Safety Tips During Covid-19



Attending gatherings to celebrate St. Patrick's Day and Easter increases your risk of getting and spreading Covid-19.

Everyone can make holiday celebrations safer:

- Wear a mask;
- Stay at least 6 feet away from others who do not live with you;
- Avoid crowded, poorly ventilated indoor spaces;
- Wash your hands;
- Get your Flu and COVID-19 vaccine.

Be sure to visit CDC's website for more [Holiday Tips](#).