



Shore Health

Long Beach Island
Health Department

Spring/Summer 2018

New Blood Pressure Guidelines

Last year, new guidelines from the American Heart Association, the American College of Cardiology, and nine other health organizations lowered the numbers for the diagnosis of hypertension (high blood pressure) to 130/80 millimeters of mercury (mm Hg) and higher for all adults. The goal now with the new guidelines is to help people address high blood pressure — and the problems that may accompany it like heart attack and stroke — much earlier.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

The new guidelines stem from the 2017 study of more than 9,000 adults who had systolic blood pressure (the top number in a reading) of 130 mm Hg or higher and at least one risk factor for cardiovascular disease. The results found that targeting a systolic pressure of no more than 120 mm Hg reduced the chance of heart attacks, heart failure, or stroke over a three-year period.

Does an elevated or high blood pressure reading mean an automatic prescription for blood pressure drugs? Not necessarily. Your doctor may discuss first adjusting lifestyle habits, such as getting more exercise, losing weight, and following a heart-healthy diet like the DASH or Mediterranean diet.

The new guidelines note that blood pressure should be measured on a regular basis. To ensure that you get an accurate reading follow these tips:

- Avoid caffeinated or alcoholic beverages 30 minutes beforehand.
- Sit quietly for five minutes with your back supported and your legs uncrossed.
- Support your arm so your elbow is at or near heart level.
- Don't talk during the measurement.
- Make sure the cuff is wrapped over bare skin.

The new guidelines may help people get more involved with monitoring their blood pressure, which can hopefully prevent complications from hypertension.

To learn more: go to www.heart.org, click on conditions, then high blood pressure.

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Websites of interest:

Current Beach Status
www.njbeaches.org

Avoid Getting Caught in a Rip Current
www.ripcurrents.noaa.gov

Ethel Jacobsen Schoolyard Garden
<https://digginginthedirt.org>

Travel Health Notices
www.nnc.cdc.gov/travel/notices

Pool Safety
www.poolsafely.gov

Healthy Swimming
www.cdc.gov/healthywater/swimming

Hurricane Preparedness
www.nhc.noaa.gov/prepare

Barbecue Basics
www.foodsafety.gov/blog/bbq.html

Recycling NJ
www.recyclingnj.com

NIXLE
www.nixle.com



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 under 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.

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

Wash repellent off skin with soap and water when you go inside.

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.

Do not use nail polish, Vaseline or heat to 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

What Everyone Should Know about Shingles Vaccine (Shingrix)



Almost 1 out of every 3 people in the United States will develop shingles, also known as herpes zoster, in their lifetime. There are an estimated 1 million cases of shingles each year in this country. Anyone who has recovered from chickenpox may develop shingles; even children can get shingles. However, the risk of shingles increases as you get older.

Shingles is caused by the varicella zoster virus, the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays inactive in the body. Scientists aren't sure why the virus can reactivate years later, causing shingles.

Shingles is a painful rash that develops on one side of the face or body. The rash consists of blisters that typically scab over in 7 to 10 days. The rash usually clears up within 2 to 4 weeks. Before the rash develops, people often have pain, itching, or tingling in the area where the rash will develop. This may happen anywhere from 1 to 5 days before the rash appears. Several antiviral medicines are available to treat shingles and shorten the length and severity of illness. People with shingles should start taking these medicines as soon as possible after the rash appears to be the most effective. People who have, or think they might have, shingles should call their healthcare provider as soon as possible to discuss treatment options.

The only way to reduce the risk of developing shingles and the long-term pain from postherpetic neuralgia (PHN) is to get vaccinated. CDC recommends that healthy adults 50 years and older get two doses of the shingles vaccine called Shingrix to protect against shingles and the complications caused by the disease. Shingrix provides strong protection against shingles and PHN. Two doses of Shingrix is more than 90% effective at preventing shingles and PHN. Protection stays above 85% for at least the first four years after you get vaccinated. Shingrix is the preferred vaccine, over Zostavax, a shingles vaccine in use since 2006.

You should get Shingrix even if in the past you had shingles, received Zostavax or are not sure if you had chickenpox. There is no maximum age for getting Shingrix.

Studies show that Shingrix is safe. The vaccine helps your body create a strong defense against shingles. As a result, you are likely to have temporary side effects from getting the shots. The side effects may affect your ability to do normal daily activities for 2 to 3 days. Most people got a sore arm with mild or moderate pain after getting Shingrix, and some also had redness and swelling where they got the shot. Some people felt tired, had muscle pain, a headache, shivering, fever, stomach pain, or nausea. About 1 out of 6 people who got Shingrix experienced side effects that prevented them from doing regular activities. Symptoms went away on their own in about 2 to 3 days. Side effects were more common in younger people.

Many private health insurance plans will cover the vaccine. Contact your insurer to find out. Medicare Part D plans cover the shingles vaccine, but there may be a cost to you depending on your plan. There may be a copay for the vaccine, or you may need to pay in full then get reimbursed for a certain amount.

Shingles vaccine is available in pharmacies and doctor's offices. Talk with your healthcare professional if you have questions about shingles vaccination.

Source: Centers for Disease Control and Prevention.



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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.

Spring/Summer Events

Rabies Clinic

Saturday, May 12
9:00AM-11:00AM
Bayview Park, Brant Beach
Please have pet on leash or in carriers.
Pet must be 3 months or older and not pregnant.

Be Sugar Savvy and Sun Safe

July 11, 10:30AM
Bayview Park, Brant Beach
Come see how much sugar is in your summer drinks and
learn some delicious alternatives to stay sugar savvy!
Take a peek inside the Dermascan machine to see how the
sun affects your skin and learn tips to stop further damage.

11th Annual Choose Your Cover

Free Skin Cancer Screening
Wear your bathing suit or beach attire.
When: Saturday, July 21-10:00AM-2:00PM
Where: 20th Street Beach End in Ship Bottom
*The Ocean Monmouth Health Alliance received the
2017 Population Health County Coalition Hero Award
for NJ Choose Your Cover !*

Dr. Jan Astin Mobile Digital Mammography Van

June 1 and July 27
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.

National Night Out – FREE Police Community Fun Night

Tuesday, August 7, 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.cleanwater.nj.org