



Shore Health

Long Beach Island
Health Department

Fall/Winter 2018

NATIONAL PREPAREDNESS MONTH 2018



PREPARE NOW LEARN HOW



National Preparedness Month started as a grass roots campaign following the terrorist attacks of September 11, 2001, to encourage Americans to be prepared and self-reliant in times of emergencies. It provides an opportunity to remind us that we all must prepare ourselves and our families now and throughout the year. This year's theme will focus on planning: Disasters Happen. Prepare Now. Learn How.

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Websites of interest:

Influenza (flu)
www.cdc.gov/flu

Green & Healthy Homes
www.greenandhealthyhomes.org

The National Hearing Test
www.nationalhearingtest.org

NJHelps
www.njhelps.org

Heads UP
www.cdc.gov/headsup

Poison Control Center
1-900-222-1212

November 4



Make and Practice Your Plan Put together a plan by discussing these 4 questions with your family, friends, or household to start your emergency plan. How will I receive emergency alerts and warnings? What is my shelter plan? What is my evacuation route? What is my family/household communication plan?

Learn Life Saving Skills – such as CPR and first aid. Also, know how to take practical safety steps like shutting off water and gas.

Check Your Coverage Insurance is the first line of defense; check your insurance coverage for the hazards you may face, such as flood, earthquakes, and tornados. Visit Floodsmart.gov to learn more about flood insurance and how to protect your home or business.

Save For an Emergency Plan financially for the possibility of disaster. Maintain emergency savings for use in case of an emergency.

Go to www.ready.gov/september for more information, fact sheets, and videos

New Jersey 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, and caregivers an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency. The information collected is confidential and is not available to the public. The information is only used for emergency response and planning.

To register go to: www.registerready.nj.gov

NIXLE

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

Refrigerated Food and Power Outages: When to Save and When to Throw Out



Whether you live in an area that's prone to thunderstorms, hurricanes, earthquakes, tornadoes, or any other number of natural disasters, if the power goes out, we all have the same questions: How long can we still eat the food in the refrigerator or freezer, and what should we keep or throw out after the power comes back on?

The first step in preparing for a power outage is to make sure your refrigerator and freezer are keeping your food at safe temperatures now. According to Foodsafety.gov, your fridge should be between 40°F and 32°F. (any lower and you risk freezing your food) and your freezer at 0°F or lower. Refrigerator/freezer thermometers are specially designed to monitor cold temperatures and can help you know if your appliances are at the correct temperature.

If the power goes out, keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed.

After the power has been out for more than 4 hours you're going to have to "break the rule" of leaving the refrigerator door shut, check the temperature, and make some decisions about what to do with the perishable food. Foodsafety.gov recommends, discarding any perishable foods (such as meat, poultry, fish, eggs, and leftovers) that have been above 40 °F for over 2 hours. Never taste food to determine its safety! See their handy chart at www.foodsafety.gov/keep/charts/refridg_food.html

Consider what you can do ahead of time to store your food safely in an emergency. Coolers are a great help for keeping food cold if the power will be out for more than 4 hours—have a couple on hand along with frozen gel packs. Another alternative is dry or block ice. Fifty pounds of dry ice should hold an 18-cubic foot full freezer for 2 days. Plan ahead and know where dry ice and block ice can be purchased.

One more important step in being ready for power outages is to stock foods that can be eaten and prepared without refrigeration or cooking. Canned foods, nuts, snacks, dried fruits, and water can be prepared quickly without opening the refrigerator or freezer door and they require little preparation or clean up.

Sources: *FoodSafety.gov*, Cheryle Jones Syracuse, MS (The Ohio State University)



FoodKeeper App

FoodKeeper helps you understand food and beverages storage. It will help you maximize the freshness and quality of items. By doing so you will be able to keep items fresh longer than if they were not stored properly. It was developed by the USDA's Food Safety and Inspection Service, with Cornell University and the Food Marketing Institute. Find it at www.foodsafety.gov/keep/foodkeeperapp/index.html It is also available as a mobile application for Apple and Android devices.

November is National Family Caregivers Month



National Family Caregivers Month is a time to recognize the contribution of the 44 million Americans who support a loved one with their health or managing a disability.

Most of us, at some point in our lives are caregivers. We are daughters, wives, husbands, sons, grandchildren, nieces, nephews, partners and friends. While some people receive care from paid caregivers, most rely on unpaid assistance from families, friends and neighbors. It is estimated that the economic value of that unpaid care is at least \$375 billion, which is how much it would cost to replace that care with paid services.

Caregivers manage a wide range of responsibilities: shopping, cooking, cleaning, laundry, medical appointments and more. In small doses, these jobs are manageable. But having to juggle caregiving demands with the demands of your own life on an ongoing basis can be challenging. With the 65+ age group expected to double to 70 million people by 2030, family caregivers increasingly provide care for aging parents, siblings, and friends, most of whom have one or more chronic conditions and who wish to remain in their own homes and communities as they age. Others belong to the “sandwich generation,” caring for children and parents at the same time.

So who cares for the caregiver? Too often, caregivers ignore their own needs while focusing on the needs of another. The caregiver can show signs of physical and emotional problems due to burnout and stress. These tips from Vitas Healthcare can help you avoid caregiver burnout:

1. Let family and friends lend a hand. You know all those people who keep saying, “Let me know if there’s anything I can do to help?” Well, let them know. Create a list of things that need to be done—grocery shopping, laundry, lawn care, housecleaning or spending time with your loved one—and put it on the refrigerator. When they ask, point to the list.
2. Exercise. Whether it is a 20-minute walk outside or taking a yoga class, exercise is a great way to decrease stress and increase energy.
3. Eat healthy. Your health and nutrition are just as important as your loved one’s, so take the time to eat well.
4. Attend a support group for caregivers.

Southern Ocean County Hospital offers a Caregiver Support Group on the 3rd Monday of each month, 3:00 p.m. at the Family Resource Center at the Ocean Club, 700 Route 9 South, Stafford Township. Call (609) 978-3574 for more information.

Chronic Disease Self-Management programs have been proven to help older adults and/or their caregivers better manage their chronic conditions. To learn about a program near you call Community Services Inc. of Ocean County at (732) 281-8391

The Caregiver-online support group is an unmoderated group for families, partners, and other caregivers of adults with disorders such as Alzheimer’s, stroke, brain injury, and other chronic debilitating health conditions. The group offers a safe place to discuss the stresses, challenges, and rewards of providing care for a loved one.

Subscribe at http://lists.caregiver.org/mailman/listinfo/caregiver-online_lists.caregiver.org

Source: Family Caregiver Alliance www.caregiver.org



Long Beach Island Health Department

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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.

Flu Vaccinations

CDC recommends a yearly flu vaccine for everyone 6 months and older. An annual seasonal flu vaccine is the best way to reduce the chances that you will get the flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

**Long Beach Island Health Department has
regular, high dose and intranasal vaccines.
Please check www.lbihealth.com for clinic schedule.**

Dr. Jan Astin Mobile Digital Mammography Van

November 2, 2018

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.

Adult Health Promotion Clinics

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

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

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

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

Barnegat Light Borough Hall
10 East 7th St
3rd Tuesday --11:00AM -12 noon