



# SHORE HEALTH

SPRING 2019

Long Beach Island  
Health Department

609-492-1212  
lbihd@lbihealth.com

## MAY IS LYME'S DISEASE AWARENESS MONTH



Now that spring is here and we will be enjoying the outdoors, it is important to remember to protect ourselves from ticks and tickborne diseases. Here are some helpful tips to prevent ticks and how to safely remove them.

### Before Going Outside....

- **Know where to expect ticks.** Ticks live in grassy, brushy, or wooded areas, or even on animals. Many people get ticks in their own yard or neighborhood. It is important to take extra caution with these areas and always remember to walk in the center of a trail.
- **Treat clothing and gear with products containing 0.5% permethrin.** Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings.
- **Use Bug Spray!**
  - Environmental Protection Agency (EPA)-registered insect repellents are recommended. Always follow product instructions.
  - Do not use insect repellent on babies younger than 2 months old.
  - Do not use products containing OLE or PMD on children under 3 years old.

### After You Come Indoors.....

- **Check your clothing for ticks.** Ticks may be carried into the house on clothing. Any ticks that are found should be removed.
- **Examine gear and pets.** Ticks can come into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and backpacks/bags.
- **Shower soon after being outdoors.** Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.
- **Check your body for ticks after being outdoors.** Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body and your child's body for ticks: Under the arms, in and around the ears, inside belly button, back of the knees, in and around the hair, between the legs, and around the waist.

If you notice a tick that has become attached to you it is important to remove the tick as soon as possible and correctly. Here are the steps to ensure proper tick removal:

**1) Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. 2) Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal. 3) After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water. 4) Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.**

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick. Tick identification services are provided by Rutgers New Jersey Agricultural Experiment Station Cooperative Extension of Ocean County, located in Toms River. To bring a tick in for identification please call 732-349-1246.

For more information visit:

<https://www.cdc.gov/ticks/index.html> <http://ocean.njaes.rutgers.edu>

*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://www.cdc.gov)

<http://njquitline.org/>

[www.lbihealth.com](http://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](http://www.registerready.nj.gov)



## MAY IS MENTAL HEALTH AWARENESS MONTH

The National Alliance on Mental Health states that 1 in 5 people will be affected by mental illness within the year. That's 43.8 million reasons to use this month to show we care about mental health.

Over the years, mental health has developed a stigma that creates an environment of shame, fear and silence that prevents many people from seeking help and treatment.

Each illness has its own symptoms, but A few common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite

Although most of us don't have the training to treat someone with a mental illness, the National Council for Behavioral Health states we don't have to be super heroes to have these super skills to help a friend in need:

**CALMNESS:** Comfort a friend in a time of need.

**HONESTY:** Encourage your friend to be honest with you.

**NON-JUDGEMENTAL ATTITUDE:** Create a safe place for your friend to talk, listen to them.

**EMPATHY:** Show that you really do care.

**RESOURCEFULNESS:** Give ideas on where to get help.

**REASSURANCE:** Make sure your friend knows everything is going to be ok.

**ENCOURAGEMENT:** Support their treatment process and be their biggest fan! Cheer them on!

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.

For more information or to get help, contact your physician, or a local hospital.

Helpful websites: [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) [www.mentalhealth.gov](http://www.mentalhealth.gov)



## UPCOMING EVENTS

### Health & Safety Fair

April 25, 2019

10:00 AM – 1:00 PM

St. Francis Center Gym

4700 Long Beach Blvd., Brant Beach

### Mobile Mammogram

June 7, 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

68<sup>th</sup> & 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)

## 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

**NIXLE** keeps you up-to-date with relevant information from your local public safety departments and schools. To opt in, go to [nixle.com](http://nixle.com) or text your zip code to 888777