



SHORE HEALTH

FALL 2019

Long Beach Island
Health Department

609-492-1212
lbihd@lbihealth.com



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.

Do you have a plan in the event of an emergency? September is National Preparedness Month! It is time to think about how to prepare you and your family in the event an emergency arises. Listed below are the steps to create a successful emergency plan recommended by FEMA.

Step 1: Put together a plan by discussing these 4 questions with your family, friends, or household to start your emergency plan.

- 1) How will I receive emergency alerts and warnings?
- 2) What is my shelter plan?
- 3) What is my evacuation route?
- 4) What is my family/household communication plan?

Step 2: Consider specific needs in your household.

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the community can assist each other with communication, care of children, pets, or specific needs like the operation of medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some of these factors when developing your plan:

- 1) Different ages of members within your household
- 2) Responsibilities for assisting others
- 3) Locations frequented
- 4) Dietary needs
- 5) Medical needs including prescriptions and equipment
- 6) Disabilities or access and functional needs including devices and equipment
- 7) Languages spoken
- 8) Cultural and religious considerations
- 9) Pets or service animals
- 10) Households with school-aged children

Step 3: Fill out a Family Emergency Plan.

- Download and fill out a family emergency plan or use them as a guide to create your own. (Guides can be found on the FEMA or CDC websites)

Step 4: Practice your plan with your family/household.

For more information and resources about emergency planning visit:

<https://www.ready.gov/make-a-plan> <https://emergency.cdc.gov/>

Source: FEMA



WEBSITES OF INTEREST:

www.cdc.gov

www.fema.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



FIGHT THE FLU

With fall quickly approaching it is that time of the year to get your flu shot! The health department is asked many questions about the flu vaccination, below the Centers for Disease Control and Prevention answers some of the most commonly asked questions and misconceptions about the flu vaccine:

Can the flu vaccine give you the flu?

No, flu vaccines cannot cause flu illness. Flu vaccines given with a needle are currently made in two ways: the vaccine is made either with a) flu viruses that have been ‘inactivated’ (killed) and that therefore are not infectious, or b) using only a single gene from a flu virus (as opposed to the full virus) in order to produce an immune response without causing infection.

Why do some people not feel well after getting the seasonal flu vaccine?

Some people report having mild reactions to flu vaccination. The most common side effects from flu shots are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur. If these reactions occur they usually begin soon after the shot and last 1-2 days.

Side effects from the nasal spray flu vaccine may include: runny nose, wheezing, headache, vomiting, muscle aches, fever, sore throat, and cough. They usually begin soon after vaccination and are mild and short-lived. The most common reactions people have to flu vaccines are considerably less severe than the symptoms caused by actual flu illness.

Do I really need a flu vaccine every year?

Yes, CDC recommends a yearly flu vaccine for just about everyone 6 months and older, even when the viruses the vaccine protects against have not changed from the previous season. The reason for this is that a person’s immune protection from vaccination declines over time, so an annual vaccination is needed to get the “optimal” or best protection against the flu.

Should I wait to get vaccinated so that my immunity lasts through the end of the season?

CDC recommends that people get a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial. As long as flu viruses are circulating it is not too late to get vaccinated, even in January or later. While seasonal flu outbreaks can happen as early as October, most of the time flu activity peaks between December and February, although activity can last as late as May. Since it takes about two weeks after vaccination for antibodies to develop in the body that protect against flu virus infection, it is best that people get vaccinated in time to be protected before flu viruses begin spreading in their community.

Flu vaccination is key to flu prevention, however, there are more steps to remember to help prevent the spread of the flu:

- 1) **Avoid close contact with sick people**
- 2) **While sick limit contact with others**
- 3) **Cover your mouth with a tissue when you cough or sneeze**
- 4) **Wash your hands often with soap and water**
- 5) **Avoid touching your eyes, nose, and mouth**
- 6) **Clean and disinfect surfaces and objects that may be contaminated**
- 7) **Take flu antiviral drugs if your doctor prescribes them**



Have more questions?

<https://www.cdc.gov/flu/prevent/misconceptions.htm>

<https://www.cdc.gov/flu/index.htm>

Source: Centers for Disease Control and Prevention

UPCOMING EVENTS

FLU CLINICS

LBI Health Department will be offering flu vaccinations at multiple locations throughout October/November.

For clinic information call 609-492-1212 or visit our website at

www.lbihealth.com



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:

****NEW LOCATION****

**Beach Haven Borough Hall
300 Engleside Ave., Beach Haven
1st Wednesday – 11:00 AM – 12:00 PM**

Long Beach Island Health Department
2119 Long Beach Blvd., 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 Blvd., 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