



SHORE HEALTH

FALL 2020

Long Beach Island
Health Department

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Flu season has begun and will continue until late May. Have you gotten a flu vaccine yet? Help prevent the spread of flu in our community.

“Be seen before Halloween.”

This year is more important than ever! Getting a flu vaccine can help limit the spread of respiratory illnesses such as flu, reduce the burden on healthcare systems, and save medical resources for patients with Covid-19.

The Centers for Disease Prevention and Control (CDC) reports:

- During [2018-2019](#), flu vaccination prevented an estimated 4.4 million influenza illnesses, 2.3 million influenza-associated medical visits, 58,000 influenza-associated hospitalizations, and 3,500 influenza-associated deaths. The flu vaccine has been shown to reduce the risk of having to go to the doctor with flu by 40-60%.
- In 2019-2020, there were 189 deaths in children, which is the highest recorded number for pediatric flu deaths reported during a regular flu season, and of those deaths only 21% of children eligible for vaccination were fully vaccinated against flu.

Flu symptoms and transmission are very similar to Covid-19. The seasonal flu spreads by droplets from coughing, sneezing, and talking. The infection of the flu virus can cause symptoms including fever, cough, sore throat, runny nose, fatigue, headaches, and body aches. These symptoms can lead to mild to severe illnesses resulting in hospitalization or death.

Young children, pregnant women, people 65 and older, and people with chronic conditions are most at risk for flu complications. Everyone 6 months and older should get a flu vaccine.

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



Covid-19 True or False:



1. When an individual gets tested for Covid-19 and tests positive, he or she should stay home for at least 10 days when symptoms first began or from their test date (if asymptomatic).
2. While I wait for my test results, it is okay to go to work, school, shopping, or to a social gathering.
3. If a family member or myself feel sick, they should stay home.
4. A close contact is someone who came within 6ft for 15 minutes or more cumulative during a 24 hour period of an individual who tested positive.
5. Covid-19 symptoms include headache, sore throat, fatigue, congestion, runny nose, fever, cough, muscle aches, new loss of taste or smell.
6. My roommate’s mother tested positive for Covid-19 and he was told he needs to quarantine. Since I live with him, I should quarantine too.

*See below for answers.





Covid-19 True or False Answers:



1. **True.**
2. **False.** It is important to not put others at risk. If an individual have not received their test result back yet, they should stay home to limit the exposure if they do end up testing positive.
3. **True.**
4. **True.**
5. **True.**
6. **False.** In this scenario, I do not need to quarantine because I have not directly come in contact with my roommate's mother, but if my roommate becomes ill then I will need to quarantine.

HEALTHY FALL HABITS

As summer comes to an end and school starts up, many students encounter issues with both their physical and mental health. Follow these tips to avoid falling ill with colds or the flu and to improve your mental health.

WASH UP



After coughing or sneezing, before eating, whenever hands are thought to need it.

HYDRATE



- Drink water
- Decrease caffeine intake
- Limit alcohol consumption

FRIENDSHIP



Seeking social support through friendships is proven to reduce anxiety and depression.

COVER IT



Cover your nose and mouth if coughing or sneezing. If using a tissue, throw it away immediately after use and wash hands.

EXERCISE



- Releases endorphins and serotonin
- Increases self esteem
- Enhances social connections

DISINFECT



Using household disinfectant on kitchen and bathroom surfaces is proven to reduce risk of cold and flu.

VACCINATE



Center for Disease control recommends the flu vaccination to prevent illness.

SLEEP



- National Sleep Foundation recommends 7-9 hours of sleep for young adults.
- Good sleep reduces risk of sickness and improves mental health.



Follow These Four Tips to Stay Healthy While Cooking for The Holidays:



CLEAN

1. Wash your hands and surfaces often

Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.

Wash your utensils, cutting boards, and countertops with hot, soapy water.

Rinse fresh fruit and vegetables under running water.



SEPARATE

2. Separate: Do not cross contaminate

Use separate cutting boards and plates for raw meat, poultry, and seafood.

When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.

Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.



COOK

3. Cook: to the right temperature

Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick.

Use a food thermometer to ensure foods are cooked to a safe internal temperature.



CHILL

4. Chill: Refrigerate properly

Refrigerate perishable food within 2 hours. (If outdoor temperature is above 90°F, refrigerate within 1 hour.)

Thaw frozen food safely in the refrigerator, in cold water, or in the microwave.

BREAST CANCER A W A R E N E S S

According to the Center of Disease Control and Prevention (CDC), “breast cancer is the second most common cancer in women”, and “1 in 8 women will develop breast cancer in the United States”.

Some signs and symptoms include change in size or shape of breast/nipple, pain in the breast, lump in breast or underarm, and nipple discharge. If you are experiencing any of these symptoms contact your healthcare provider.

Lifestyle changes and breast cancer screenings are the best way to reduce the risk of developing breast cancer. Some lifestyle changes include avoid alcohol, exercise regularly, keep a healthy weight, and get plenty of sleep. The American Cancer Society recommends women between the age of 45-50 to receive a mammogram once a year.

It is key to remember *early detection will lead to early treatment.*

Breast cancer screenings are the most common screening tools. A mammogram is a x-ray of the breast that can detect breast cancer 3 years before symptom onset. This year **National Mammography Day is on October 16th, 2020**, which is a day to remind women to partake in their annual screening, so what better day to celebrate National Mammography Day than to make an appointment.

The National Cancer Institute (NCI) recommends a breast exam be conducted once a month, which can be performed by a health professional (clinical breast exam) or by a woman herself (self-breast exam). During a breast exam, the individual is looking and feeling for any lumps or abnormalities in the breast tissue.

Below are some resources for more information and financial/emotional support for individuals and their families who are battling cancer.

- The American Cancer Society www.cancer.org
- Breast Cancer Research Foundation <https://www.bcrf.org/>
- David's Dream and Believe Cancer Foundation <https://davidsdreamandbelieve.org/>
- Beauty Foundation for Cancer Care <http://www.beautyfoundationnj.com/>



UPCOMING EVENTS

FLU CLINICS

For more information regarding the LBI Health Department's flu vaccination schedule 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)

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



Did you know?

One out of four older adults age 65+ fall each year in the United States.

Falls are the #1 cause of brain injury among older adults.

Falls are preventable!

- Exercise regularly. It increases strength, flexibility, and balance.
- Have your eyes and ears checked by a doctor at least once a year.
- Wear the right footwear. The safest shoes fit your feet, have low heels, non-slip soles, and lace up or are secured with fabric fasteners.
- Make your home safer by removing fall hazards and improving lighting.
- Ask the doctor or pharmacist to review your medicines. Many medicines can cause side effects such as weakness or dizziness.