



SHORE HEALTH

WINTER 2021

Long Beach Island
Health Department

609-492-1212
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It is our turn to roll up our sleeves and get vaccinated!

It is hard to imagine a time when we didn't know Covid-19 existed. Now when people say "virus," we know what they mean. The impact of COVID-19 on our lives, our activities, and our freedom has affected us all. The responsibility is ours, as a community, to help stop this virus. Now we have a new, safe, and effective tool to help us do that—Covid-19 vaccines.

It takes everyone. We all play a part in this effort, and you are key.

Getting vaccinated adds an important layer of protection for you, your family, and loved ones. Here are some things you should know about the Covid-19 vaccine:

- All Covid-19 vaccines currently available in the United States are very effective at preventing the disease.
- The most common side effects are pain in the arm where you got the shot, feeling tired, headache, body aches, chills, and fever.
- Stopping a pandemic requires using all the tools we have available—wearing masks, staying at least 6 feet apart from people who don't live with you, avoiding crowds and poorly ventilated spaces, washing your hands frequently, and **getting vaccinated**.

The Long Beach Island Health Department (LBIHD) Covid-19 vaccination clinic is restricted to Ocean County primary residences who meet the eligibility requirements.

When LBIHD have vaccine in stock, the booking system is posted once a week on the website during office hours (Monday– Friday, 9am – 4pm).

To schedule your Covid-19 vaccination appointment and for vaccine updates visit: <http://lbihealth.com/covid-19-vaccine-scheduling/>

For information about the Covid-19 vaccine, visit CDC's FAQs web page: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>.

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



We all need to work together to help slow the spread of Covid-19.

Contact tracing slows the spread of Covid-19 by:

- Letting people know they may have been exposed to Covid-19 and should monitor their health for signs and [symptoms](#) of Covid-19.
- Helping people who may have been exposed to Covid-19 get tested.
- Asking people to [self-isolate](#) if they have Covid-19 or [self-quarantine](#) if they are a [close contact](#) of someone who has Covid-19.





Dry Winter Skin Remedies

This time of year, cold air, dry indoor heat, and harsh winter wind can leave your skin dry and irritated.

Did you know? Dry cracked skin can be a source of infection.

Fortunately, there are simple ways you can relieve winter dry skin and prevent infections. Here are some ways to combat dry skin:

- Use a humidifier in the winter. Set it to around 60%, a level that should be sufficient to replenish the top layer of the epidermis.
- Limit yourself to one 5- to 10-minute bath or shower daily. If you bathe more than that, you may strip away much of the skin's oily layer and cause it to lose moisture.
- Use lukewarm water rather than hot water, which can wash away natural oils.
- Minimize your use of soaps; if necessary, choose moisturizing preparations such as Dove, Olay, and Basis, or consider soap-free cleansers like Cetaphil, Oilatum-AD, and Aquanil.
- To reduce the risk of trauma to the skin, avoid bath sponges, scrub brushes, and washcloths. If you don't want to give them up altogether, be sure to use a light touch. For the same reason, pat or blot (don't rub) the skin when toweling dry.
- Apply moisturizer immediately after bathing or after washing your hands. This helps plug the spaces between your skin cells and seal in moisture while your skin is still damp.
- When shaving, use a shaving cream or gel and leave it on your skin for several minutes before starting.
- Use fragrance-free laundry detergents and avoid fabric softeners.
- Avoid wearing wool and other fabrics that can irritate the skin.

For more information visit:

[What to do about dry skin in winter - Harvard Health](#)



SERVICES OFFERED:

COVID-19 VACCINE:

Visit our website at <http://lbihealth.com/covid-19-vaccine-scheduling/>

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)

FLU VACCINES:

Call 609-492-1212 or visit our website at www.lbihealth.com

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

WINTER HOME SAFETY TIPS



Prepare your home & be safe!

- Clean out gutters and repair roof leaks.
- Insulate water lines that run along exterior walls.
- Install weather stripping, insulation, and storm windows.
- Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.

Be sure to visit CDC's [Winter Weather](#) webpage for more winter weather safety tips.