

# SHORE HEALTH NEWSLETTER

*The Long Beach Island Health Department Newsletter*

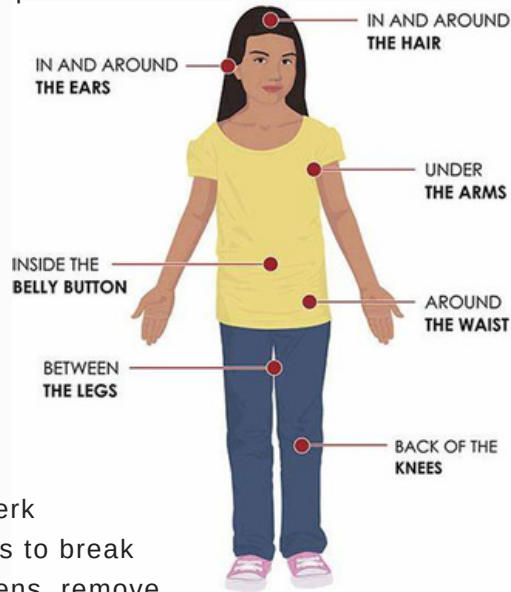
## Tick Exposure

Tick exposure can occur year-round, but ticks are most active during warmer months (April-September). Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and backpacks.

After being outdoors be sure to check your body for ticks especially in the following areas:

### How do you safely remove a tick?

If you find a tick attached to your skin, simply remove the tick as soon as possible. Use clean, fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. 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. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water. 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.



### What are the signs or symptoms of a tickborne illness?

The most common symptoms of tick-related illnesses include fever/chills, aches, pains, and a rash. If you develop these symptoms within a few weeks of removing a tick, see your doctor. Tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

### Should you have a tick tested for Lyme Disease?

People who have removed a tick sometimes wonder if they should have it tested for evidence of infection. Although some commercial groups offer testing, in general this is not recommended. The most important thing is to remove the tick as quickly as possible and if you do develop a rash to receive treatment from your doctor.

[www.cdc.gov/ticks](http://www.cdc.gov/ticks)

IN THIS ISSUE THE TOPICS DISCUSSED ARE:

**TICK EXPOSURE**

**HYPERTENSION**

**SUN SAFETY**

**LYME DISEASE**

*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, and Barnegat Light.*

2119 Long Beach Blvd. 1st Floor  
Ship Bottom, NJ 08008  
(609) 492-1212

Monday - Friday  
9am - 4pm



**LONG BEACH ISLAND  
HEALTH DEPARTMENT**  
"SERVING THE ENTIRE ISLAND"



**Public Health**  
Prevent. Promote. Protect.

### WEBSITES OF INTEREST:

[lbihealth.com](http://lbihealth.com)  
[cdc.gov](http://cdc.gov)  
[fema.gov](http://fema.gov)  
[njquitline.org](http://njquitline.org)  
[covid19.nj.gov/](http://covid19.nj.gov/)  
[registerready.nj.gov](http://registerready.nj.gov)

## Hypertension: High Blood Pressure

Blood pressure is the force that a person's blood exerts against the walls of their blood vessels. Your blood pressure is recorded as two numbers: Systolic Blood Pressure (top number i.e. 130 mm Hg) refers to the pressure as the heart pumps blood around the body.

Diastolic Blood Pressure (bottom number i.e. 80 mm Hg) refers to the pressure as the heart relaxes and refills with blood.






Hypertension also known as high blood pressure is defined as a systolic blood pressure greater than 130 mmHg or a diastolic blood pressure greater than 80 mmHg. Hypertension can increase a person's risk of developing a range of heart-related conditions, such as heart disease, heart attacks, aneurysm, and stroke.

Almost half of all adults in the United States have high blood pressure, but many may be unaware because symptoms are often not present until it is too late.

### Risk Factors

- Age: Blood pressure can increase steadily with age as the arteries stiffen and narrow due to plaque buildup.
- Ethnicity: African Americans have a higher risk than other ethnic groups.
- Weight: Obesity is a primary risk factor for hypertension.
- Alcohol and tobacco use: Regular consumption of large quantities can increase blood pressure.
- Sex: Males have a higher risk of developing hypertension than females.
- Existing health conditions: cardiovascular disease, diabetes, chronic kidney disease, and high cholesterol levels can lead to hypertension.

## What Can I Do To Improve My Blood Pressure?

Modification	Recommendation	Approximate SBP Reduction Range
 Weight reduction	Maintain normal body weight (BMI=18.5-24.9 kg/m <sup>2</sup> )	5 mm Hg
 DASH eating plan	Diet rich in fruits, vegetables, low fat dairy and reduced in fat	11 mm Hg
 Restrict sodium intake	<1500 mg of sodium per day	5-6 mm Hg
 Physical activity	Be more physically active. Aim for at least 90 to 150 minutes of aerobic exercise per week.	5-8 mm Hg
 Moderation of alcohol consumption	No more than 2 drinks/day for men and 1 drink/day for women	4 mm Hg

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension

### LBIHD Services Offered:

#### COVID-19 VACCINE

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

#### SAFE SYRINGE DISPOSAL

Call (609-492-1212) to schedule an appointment.

Syringes must be in a hard container with taped lid (Coffee can, Detergent bottle)

#### MONTHLY FREE BLOOD PRESSURE SCREENING

For monthly schedule, visit: <https://lbihealth.com/special-events-and-programs/>

### Resources:

NJ Covid-19 Vaccine Hotline for Seniors 75+: Call (856)-249-7007

NJ toll-free Covid-19 Vaccination Hotline: 1-(855)-568-0545

Ocean County Senior Service Call Center: 1-(732) 929-2091

NJ Poison Control Center: 1-800-222-1222

**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](http://www.nixle.com) or text your zip code to 888777

## Sun Safety

With summer quickly approaching it is a good time to start thinking about ways to protect your skin from sun damage. Skin cancer is the most common type of cancer in the United States and protecting your skin from the sun is key in preventing skin cancer.

### Ways to Protect Your Skin from the Sun:

- 1) Shade - Reduce your risk of sun damage by seeking out shade (umbrella, tree, tent).
- 2) Clothes – When possible wear long-sleeved shirts and long pants/skirts to prevent UV rays from your skin. If wearing that type of clothing isn't practical, try wearing a T-shirt or beach cover up. Clothes made from tightly woven fabric offer the best protection.
- 3) Hat – For best protection wear a hat that has a brim all the way around that shades your face, ears, and back of neck. Avoid straw hats and hats with holes that allow sunlight through.
- 4) Sunglasses – Protect your eyes from UV rays and reduce the risk of cataracts.
- 5) Sunscreen – Apply a broad spectrum SPF 15 or higher sunscreen before going outside. Reapply sunscreen every 2 hours and after swimming, sweating, or drying off with a towel. (Check expiration date, most sunscreens have a shelf life of no more than 3 years)

A change in your skin is the most common sign of skin cancer. Not all skin cancers look the same, so it is important to get new growths checked out by a dermatologist. For melanoma specifically, a simple way to remember the warning signs is to remember the A-B-C-D-Es of melanoma—

1. Asymmetrical: Does the mole or spot have an irregular shape with two parts that look very different?
2. Border: Is the border irregular or jagged?
3. Color: Is the color uneven?
4. Diameter: Is the mole or spot larger than the size of a pea?
5. Evolving: Has the mole or spot changed during the past few weeks or months?

Sun Safety | Skin Cancer | CDC



Looking to have a skin cancer screening? LBIHD offers a yearly program for FREE skin cancer screenings called Choose Your Cover, which will be held on July 22, 2023. See below for more information!

## Lyme Disease:

### DID YOU KNOW?

*Lyme disease is the most common vector-borne disease in the United States.*

- Lyme disease is caused by the bacterium (*Borrelia burgdorferi* and rarely, *Borrelia mayonii*). It is transmitted to humans through the bite of infected blacklegged ticks.
- Typical symptoms include fever, headache, fatigue, and a characteristic skin rash.
- If left untreated, infection can spread to joints, the heart, and the nervous system.
- Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks. Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics.
- Steps to prevent Lyme disease include using insect repellent, checking for ticks daily, removing ticks promptly, applying pesticides, and reducing tick habitat.
- Call your doctor if you get a fever or rash following a tick bite.



[www.cdc.gov/lyme](http://www.cdc.gov/lyme)

## UPCOMING LBIHD EVENTS

### Health Education Talk at Zion Lutheran Church

This Program will include an overview of LBIHD's Services, Osteoporosis, Lyme Disease, and Physical Activity!

Friday April 14, 2023  
10am - 11am

Zion Lutheran Church Fellowship Hall  
18th Street & Central Avenue

### 45th Annual:

### Family Health & Safety Fair

Spring into healthy new beginnings and come see new demos!

Thursday April 20, 2023  
10am - 1pm

St. Francis Community Center  
Gymnasium

4700 Long Beach Blvd, Long Beach  
Twp, NJ 08008

### 14th Annual:

### Choose Your Cover

Free Skin Cancer Screening and Information by the beach!

Saturday July 22, 2023  
10am - 1pm

Bayview Park Pavilion  
6805 Long Beach Blvd, Long Beach  
Twp, NJ 08008

For further information, please call Long Beach Island Health Department at (609) 492-1212.



# SPRING



## Word Search

Search for the twelve Spring themed words below.

Y	L	E	E	V	K	C	Y	E	I	B	T	M	Y	N	N	U	B
R	R	Q	W	N	Z	W	F	S	I	U	G	J	W	Y	I	U	O
E	C	M	Y	A	K	H	O	Z	M	T	Q	G	J	D	H	U	G
W	J	A	X	U	L	J	B	S	F	T	B	N	X	H	W	S	M
F	H	Y	T	Q	C	F	T	U	G	E	W	I	W	J	F	B	G
X	L	K	I	J	L	U	X	N	K	R	R	O	O	T	W	I	U
M	J	O	H	C	I	U	I	S	E	F	S	D	B	L	D	Q	E
M	D	Q	P	I	R	R	Q	H	Q	L	U	T	N	E	E	M	E
F	R	C	D	Y	P	L	D	I	T	Y	U	Z	I	G	Z	O	O
X	G	A	K	S	A	Q	N	N	I	W	Q	R	A	U	H	M	S
B	H	H	W	U	R	Q	A	E	Y	N	D	R	R	M	O	I	S
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R	S	C	Y	V	E	Q	U	T	R	B	R	L	N	A	X	T	T
F	P	A	G	K	C	R	R	D	X	C	F	R	P	O	J	Y	A
A	X	M	V	U	S	I	S	M	S	R	Z	A	B	F	I	X	N

- |       |           |          |
|-------|-----------|----------|
| APRIL | BUTTERFLY | RAINBOW  |
| BIRDS | FLOWERS   | SPRING   |
| BLOOM | GARDEN    | SUNSHINE |
| BUNNY | MAY       | WARM     |