

SHORE HEALTH NEWSLETTER

The Long Beach Island Health Department Newsletter

Adult Sun Safety

Summer is here and just being outside exposes us to the damaging rays of the Sun. The Skin Cancer Foundation states more people are diagnosed with skin cancer each year in the U.S. than all other cancers combined.

One in five Americans will develop skin cancer by the age of 70. For that reason, the Long Beach Island Health Department recommends the following to lower your risk of developing skin cancer:

- **Cover up with clothing, a wide-brimmed hat, and UV blocking sunglasses. Remember clothing should be your first means of protection.**
- **Use a broad spectrum sunscreen of at least 30 SPF.**
- **Apply at least 1 oz. (the size of a shot glass) of sunscreen 15 minutes before going outside and reapply every 2 hours or after swimming, sweating or toweling off.**
- **Seek shade-limit exposure between the hours of 10 a.m. and 4 p.m.**
- **Avoid tanning beds.**
- **Visit a dermatologist yearly for a full body skin check.**

For more detailed information about prevention go to the National Council on Skin Cancer Prevention at www.skincancerprevention.org or the Skin Cancer Foundation at www.skincancer.org

FREE SKIN CANCER SCREENING

JOIN US FOR OUR 14TH ANNUAL CHOOSE YOUR CHOVER SKIN CANCER SCREENING AT THE BEACH!

SATURDAY, JULY 22, 2023 | 10 A.M. - 1 P.M.

BAYVIEW PARK PAVILLION

6805 LONG BEACH BLVD, LONG BEACH TOWNSHIP, NJ 08008

WEAR YOUR BAITING SUIT OR BEACH ATTIRE.

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ADULT SUN SAFETY

PREVENTING HEAT-RELATED ILLNESS

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

cdc.gov

fema.gov

njquitline.org

covid19.nj.gov/

registerready.nj.gov

Preventing Heat-Related Illness

Beware of Hot Cars: Never leave children, people with disabilities, elderly persons, or pets in a parked car - even for a short time. It only takes **TWO minutes** for a car to reach unsafe temperatures.

Avoid the Hottest Part of the Day: Check weather reports and avoid scheduling outdoor activities during the hottest hours of the day. Wear lightweight, loose, light-colored clothing and avoid direct sunlight.

Check on neighbors and loved ones: With extreme heat events it is important to check on neighbors and loved ones, especially if the person is elderly and lives alone.

Stay Hydrated: Drink more water than usual. Avoid alcohol or drinks that contain high amounts of sugar/caffeine.

Stay Informed: Get alerts from county/local emergency management offices. Pay attention to weather reports when a heat emergency is declared.

LBIRD 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 or text your zip code to 888777

Know the Difference Between Heat Exhaustion and Heat Stroke

Heat Exhaustion Symptoms:

- Heavy Sweating
- Headache
- Weakness
- Fatigue
- Dizziness
- Nausea or Vomiting

What to Do:

- Move to a cool place
- Loosen clothing
- Put cool, wet clothes on body/take a cool bath
- Drink cool water

When to Seek Medical Help:

- Person throws up or cannot drink
- Symptoms get worse
- Symptoms last longer than 1 hour

Heat Stroke Symptoms:

- Very High Body Temperature
- Red, Hot, Dry Skin (no sweating)
- Rapid, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion, loss of consciousness

What to Do:

Seek immediate medical attention *Call 9-1-1 right away *

- Move person to a cooler place
- Help lower the person's temperature with cool cloths/cool bath