

HD Healthy News



Public Health
Prevent. Promote. Protect.

2019 Spring

March ~ April ~ May



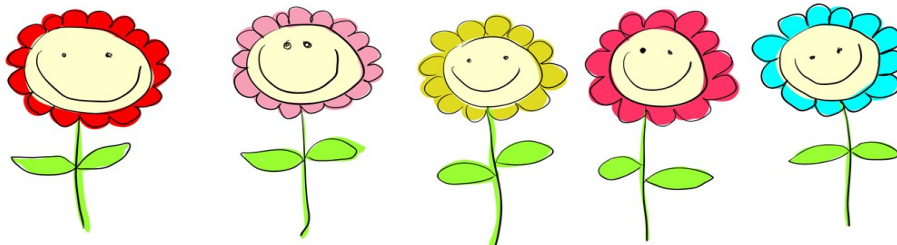
*No matter how
long the winter,
spring is sure
to follow.*



**Free Rabies Clinic for all NJ Pet
Owners:**

Riverdale :

Saturday March 2nd 11am-1pm



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Serving the towns of: Bloomingdale, Florham Park, Kinnelon, Pequannock & Riverdale

MARCH

Accidental poisoning

- Keep medicines in their original bottles, with the original safety lids. Never refer to medicines as 'magic' or 'sweets'. Beware of keeping tablets in handbags in reach of children
- Store all medicines and cleaning products out of sight and reach of children
- Liquitabs look and feel fun for young children, keep them out of sight and reach
- Batteries can be small and easily swallowed, keep them out of sight and reach
- Perfumes and make up can be poisonous if swallowed



National Poison Prevention Week March 17-23,2019

Every day, over 300 children in the United States ages 0-19 are treated in an emergency department, and two children die, as a result of being poisoned. Its not just chemicals in your home marked with clear warning labels that can be dangerous.

Everyday items in your home, such as household cleaners and medicines, can be poisonous to children as well. Medication dosing mistakes and unsupervised ingestions are common ways that children are poisoned. Active, curious children will often investigate and sometimes try to eat or drink-anything that they can get into.

Key Prevention Tips

- **Lock them away**—Keep medicines and toxic products such as cleaning solutions, detergent pods in their original packaging and where children cant get at them.
- **Know the number**—-Put the nationwide poison control center phone number 1-800-222-1222, on or near every phone in your home and program it into your cell phone. The poison center can be reached 24 hours a day, seven days a week.
- **Read the label**—Follow label directions carefully and read all warnings when giving medicines to children.
- **Don't keep it if you don't need it**—Safely dispose of unused, unneeded, or expired Medicine/vitamins. Many towns /police departments have Take –Back programs to safely dispose of unused medications.



Source: CDC

APRIL



**Alcohol
Awareness
Month**
NCADD

Signs of an Alcohol Problem

Alcohol use disorder [AUD] is a medical condition that doctors diagnose when a patient's drinking causes distress or harm. The condition can range from mild to severe and is diagnosed when a patient answers "yes" to two or more of the following questions.

In the past year, have you:

- ◆ Had times when you ended up drinking more, or longer than you intended?
- ◆ More than once wanted to cut down or stop drinking, or tried to, but couldn't?
- ◆ Spent a lot of time drinking? Or being sick or getting over the after effects?
- ◆ Experience craving—a strong need, or urge, to drink?
- ◆ Found that drinking—or being sick from drinking—often interfered with taking care of home or family? Or caused job troubles? Or school problems?
- ◆ Continued to drink even though it was causing trouble with your family or friends?
- ◆ Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- ◆ More than once gotten into situations while or after drinking that increased your chances of getting hurt [such as driving, swimming, using machinery, walking in a dangerous area, or having unsafe sex]?
- ◆ Continued to drink even though it was making you feel depressed or anxious or adding to another health problem? Or having had a memory blackout?
- ◆ Found that when the effects of alcohol were wearing off, you had withdrawal symptoms such as trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea, or sweating? Or sensed things that were not there?

If you have any of these symptoms your drinking may already be a cause for concern. The more symptoms you have, the more urgent the need for change. A health professional can conduct a formal assessment of your symptoms to see if an alcohol use disorder is present.

For an online assessment of your drinking pattern, go to *Rethinking Drinking*. niaaa.nih.gov

Mutual- Support Groups

⇒ Alcohol Anonymous [AA]

www.AA.org

⇒ Secular Organizations for Sobriety

www.sobriety.org

⇒ Moderation Management

www.moderation.org

Groups for family and friends

⇒ Al-Anon Family Groups

www.al-anon-alateen.org

⇒ Adult Children of Alcoholics

www.adultchildren.org

Nearly **17 million** Americans
have a serious problem with
alcohol...



...but only **3 million**
ever seek out any kind of help.

May

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent leading causes of child injury, like drowning, is a step toward this goal.

When most of us are enjoying time at the pool or beach, injuries aren't the first thing on our minds. Yet, drownings are a leading cause of injury death for young children ages 1 to 14, and three children die every day as a result of drowning. In fact, drowning kills more children 1-4 than anything else except birth defects.

Thankfully, parents can play a key role in protecting the children they love from drowning.

Key Prevention Tips

Learn life-saving skills.

Everyone should know the basics of swimming (floating, moving through the water) and cardiopulmonary resuscitation (CPR).

Fence it off.

Install a four-sided isolation fence, with self-closing and self-latching gates, around backyard swimming pools. This can help keep children away from the area when they aren't supposed to be swimming. Pool fences should completely separate the house and play area from the pool.

Make life jackets a *must*.

Make sure kids wear life jackets in and around natural bodies of water, such as lakes or the ocean, even if they know how to swim. Life jackets can be used in and around pools for weaker swimmers too.

Be on the look out.

When kids are in or near water (including bathtubs), closely supervise them at all times. Because drowning happens quickly and quietly, adults watching kids in or near water should avoid distracting activities like playing cards, reading books, talking on the phone, and using alcohol or drugs.

