

HD Healthy News



Public Health
Prevent. Promote. Protect.

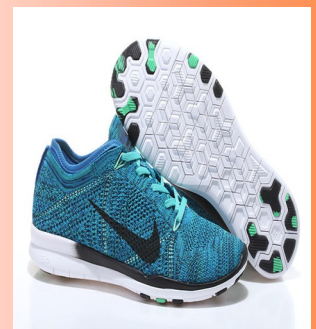
Summer Newsletter

June-July-August 2018

June~July~August



**"It is health that is real wealth and not pieces of gold and silver."
– Mahatma Ghandi**



5 Town Wellness Challenge

{Pequannock, Bloomingdale, Kinnelon, Riverdale Residents}

Kick off Event: Senior House 530 Newark Pompton Tpk.

Tuesday June 26, 2018 @ 7:00pm

Florham Park Residents

Kick off Event: Florham Park Recreation Center

Wednesday, June 27, 2018 @ 7:00pm

Contact Gina for more information :

973— 835-5700 x166

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PEQTWP.HealthDept

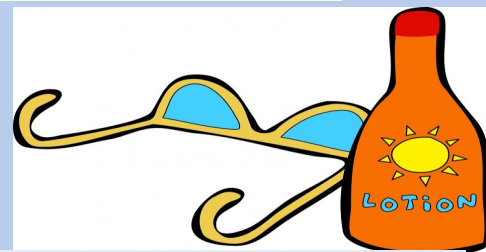
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June



Free Community Skin Cancer Screenings

- June 7, 2018 6-8pm 111 Ridgedale Avenue, Florham Park,
Community Center Building
- June 28, 2018 6-8pm 530 Newark Pompton Turnpike,
Senior Center Building Pompton Plains

Program open to residents of Bloomingdale, Kinnelon, Florham Park, Pequannock, Riverdale

Men's Health

June is designated as Men's Health. The focus is on increasing awareness of preventable health problems and treatment of disease among men and boys.

Approximately 30,000 men in the United States die each year from prostate cancer.

Smoking prevalence is higher among men than women. Heart disease and cancer are the top two leading causes of death for males of all races in the United States.

Regular check ups and age appropriate screenings can improve your health and extend your life.

Here are some steps men can take each day to improve their health.

- Get 7-9 hours of sleep
- Be smoke-free
- Exercise at least 2.5 hours week
- Maintain a healthy diet including fruits and vegetables.
- Pay attention to your body for signs and symptoms of illness.
- Keep track of your blood pressure, blood glucose, cholesterol, and body mass index numbers.
- Go for routine check ups and screenings.



Source: CDC

"The most commonly diagnosed cancers among men include cancers of the prostate, lung, colon rectum, and bladder."



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July Beach Safety Tips



TEACH CHILDREN HOW TO SWIM

Swimming is not only fun, it's a lifesaving skill. Enroll children in swimming lessons; there are many free or reduced-cost options available from your local YMCA, USA Swimming chapter or Parks & Recreation Department.

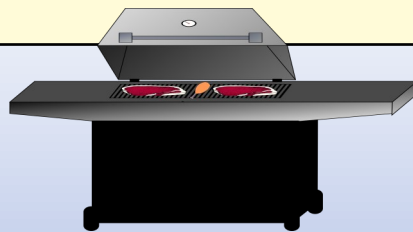
1. Watch for warning flags (and know what they mean).
2. Check the weather. Avoid the beach if there's lightning in the forecast and wait at least 30 minutes after the last thunder boom before heading back out to the sand.
3. Know how to swim. Obey the buddy system while swimming.
4. Pick a swimming spot close to a lifeguard.
5. Watch for rip currents.
6. Know how to identify swimmers in need.
7. Be aware of the waves. Injuries resulting from strong waves can range from simple sprains, broken collarbones, and dislocated shoulders to more serious injuries including blunt organ trauma and spinal injuries
8. Stay sober. Among drowning-related injuries of people aged 15 years or older, almost 22 percent were alcohol-related.
9. Save your skin. Racking up more than five sunburns at any age also doubles the risk for melanoma.
10. Watch for sun sickness/stroke (and find yourself some shade).
11. Be aware of ocean life (shells, crabs, jelly fish)
12. Wear shoes — sand gets hot, too!
13. Hydrate and fuel up. Be sure to bring plenty of water and snacks down to the sand with you, and use them.

Grilling Safety

PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **5 minutes** before re-lighting it.



Safety Tips:

- **Propane and charcoal BBQ grills should only be used outdoors.**
- **The grill should be placed well away from the home, deck railing and out from under eaves and overhanging branches.**
- **Keep the grill clean by removing grease or fat buildup from the grills and in trays below the grill.**
- **Never leave your grill unattended.**
- **Always make sure your gas grill lid is open before lighting it.**



HD Healthy News



August

People of all ages can protect their health with timely vaccination.

INFLUENZA (FLU)

FLU IS A
RESPIRATORY DISEASE
THAT INFECTS THE NASAL PASSAGES, THROAT,
AND LUNGS. IT IS MORE SERIOUS THAN A COLD.

FLU CAUSES
20,000 CHILDREN
YOUNGER THAN 5 TO BE
HOSPITALIZED
IN THE UNITED STATES EACH YEAR.

 Pregnant women and children 6 months and older should receive a flu shot.
www.cdc.gov/vaccines/parents

HEPATITIS A

HEPATITIS A IS A VERY CONTAGIOUS
LIVER DISEASE.
IT SPREADS THROUGH
CONTACT
WITH OBJECTS, FOOD, OR
DRINKS CONTAMINATED BY
THE FECES (POOP) OF AN
INFECTED PERSON.



**CHILDREN UNDER
6 YEARS OLD**
OFTEN HAVE NO SYMPTOMS, BUT THEY
CAN PASS THE DISEASE TO OLDER
CHILDREN AND ADULTS.

 Protect your children by getting them vaccinated
against hepatitis A, by 2 years old.
www.cdc.gov/vaccines/parents

TETANUS

TETANUS (LOCKJAW) IS A
SERIOUS DISEASE
THAT CAN CAUSE BREATHING
PROBLEMS, MUSCLE SPASMS,
AND PARALYSIS.

UNLIKE OTHER VACCINE-PREVENTABLE
DISEASES, TETANUS DOES NOT SPREAD
FROM PERSON TO PERSON.
IT ENTERS THE BODY THROUGH
**CUTS OR PUNCTURE
WOUNDS.**



 Protect your children by getting them vaccinated
against tetanus, by 2 years old.
www.cdc.gov/vaccines/parents

The diseases that vaccines prevent can be dangerous, or even deadly. Vaccines reduce the risk of infection by working with the body's natural defenses to help it safely develop immunity to disease. When germs, such as bacteria or viruses, invade the body, they attack and multiply. This invasion is called an infection, and the infection is what causes illness. The immune system then has to fight the infection. Once it fights off the infection, the body is left with a supply of cells that help recognize and fight that disease in the future.

Vaccines help develop immunity by imitating an infection, but this "imitation" infection does not cause illness. It does, however, cause the immune system to develop the same response as it does to a real infection so the body can recognize and fight the vaccine-preventable disease in the future. Sometimes, after getting a vaccine, the imitation infection can cause minor symptoms, such as fever. Such minor symptoms are normal and should be expected as the body builds immunity.