



Public Health
Prevent. Promote. Protect.

HD HEALTHY NEWS

Winter Newsletter

Dec. 2016 Jan.-Feb. 2017

DECEMBER-JANUARY-FEBRUARY



December/January

12 Ways to Have a Healthy Holiday Season

1. **Wash hands often to help prevent the spread of germs.** It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
2. **Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
3. **Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.
4. **Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
5. **Be smoke-free.** Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.
6. **Fasten seat belts while driving or riding in a motor vehicle.** Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.
7. **Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history. Get insurance from the Health Insurance Marketplace if you are not insured.
8. **Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
9. **Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.
10. **Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.
11. **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
12. **Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

Source: CDC

December

National Influenza Vaccination Week!

December 4th—10th

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

The upcoming season's flu vaccine will protect against the influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and one or two influenza B viruses, depending on the flu vaccine.

Source: CDC

It's National Influenza
Vaccination Week (NIVW)!



National Handwashing Awareness Week

December 4th—10th

Handwashing is like a "do-it-yourself" vaccine—it involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs.

How to wash your hands:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Source: CDC



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How to Prepare for a Winter Storm



How to Prepare for a Winter Storm

- ⇒ Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- ⇒ Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- ⇒ Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- ⇒ If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.

Put Together a Supply Kit

- ⇒ Water—at least a 3-day supply; one gallon per person per day
- ⇒ Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- ⇒ Flashlight [Available on the Red Cross Store]
- ⇒ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible) [Available on the Red Cross Store]
- ⇒ Extra batteries
- ⇒ First aid kit [Available on the Red Cross Store]
- ⇒ Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, etc.)
- ⇒ Multi-purpose tool
- ⇒ Sanitation and personal hygiene items
- ⇒ Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- ⇒ Cell phone with chargers
- ⇒ Family and emergency contact information
- ⇒ Extra cash
- ⇒ Baby supplies (bottles, formula, baby food, diapers)
- ⇒ Pet supplies (collar, leash, ID, food, carrier, bowl)
- ⇒ Tools/supplies for securing your home
- ⇒ Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery
- ⇒ Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members
- ⇒ Ample alternate heating methods such as fireplaces or wood- or coal-burning stoves

Source: CDC



January, National Blood Donor Month



A New Year's Resolution to give!

This January, the American Red Cross celebrates National Blood Donor Month and recognizes the lifesaving contribution of blood and platelet donors. As we begin the New Year, the Red Cross encourages individuals to resolve to roll up a sleeve to give this month and

Facts about blood needs:

Every two seconds someone in the U.S. needs blood.

Approximately 36,000 units of red blood cells are needed every day in the U.S.

Nearly 7,000 units of platelets and 10,000 units of plasma are needed daily in the U.S.

Nearly 21 million blood components are transfused each year in the U.S.

The average red blood cell transfusion is approximately 3 pints.

The blood type most often requested by hospitals is type O.

The blood used in an emergency is already on the shelves before the event occurs.

It is estimated that sickle cell disease affects 90,000 to 100,000 people in the U.S. About 1,000 babies are born with the disease each year. Sickle cell patients can require frequent blood transfusions throughout their lives.

More than 1.68 million people are expected to be diagnosed with cancer in 2016. Many of them will need blood, sometimes daily, during their chemotherapy treatment.

A single car accident victim can require as many as 100 pints of blood.

Source: American Red Cross

Location	Dates	Time
North Jersey Blood Donation Center 209 Fairfield Road Fairfield, NJ 07004	January 3, 2017 January 10, 2017 January 17, 2017	12:30 pm—7:30 pm
Millburn Library 200 Glen Avenue Millburn, NJ 07041	January 7, 2017	10:00 am— 4:00 pm
Christ Church—Barnwell Hall 561 Springfield Avenue Summit, NJ 07901	January 16, 2017	1:00 pm—6:00 pm
Madison Ambulance Squad 29 Prospect Street Madison, NJ 07940	January 17, 2017	1:00 pm—6:00 pm
St. Mary's Church 17 Pompton Avenue Pompton Lakes, NJ 07442	January 27, 2017	2:30 pm—7:30 pm
Knights of Columbus St. Francis Assisi 868 Ringwood Avenue Haskell, NJ 07420	January 28, 2017	9:00 am—2:30 pm
CBRE Florham Park 600 600 Campus Drive Florham Park, NJ 07932	February 1, 2017	2:00 pm—5:00 pm
Packanack Community Church 120 Lake Drive East Wayne, NJ 07470	February 5, 2017	11:00 am—4:00 pm



1 donation can potentially help more than **1 patient**.

February, American Heart Month

Long Term Exercise

Walking, swimming, cycling, jogging, skiing, aerobic dancing or any of dozens of other activities can help your heart. They all cause you to feel warm, perspire and breathe heavily without being out of breath and without feeling any burning sensation in your muscles.

Whether it is a structured exercise program or just part of your daily routine, all exercise adds up to a healthier heart. ***Take the first step by walking. It's free, easy to do and when you have a walking companion, you're more likely to stay motivated.***



Here are some tips for exercise success:

Dress for success!

Wear comfortable, properly fitted sneakers or flat shoes with laces.

Wear comfortable, loose-fitting clothing appropriate for the weather and the activity.

Make the time!

Start slowly. Gradually build up to at least 30 minutes of activity on most or all days of the week (or whatever your doctor recommends).

Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way.

Keep reasonable expectations of yourself.

If you have a high risk of coronary heart disease or some other chronic health problem, check with your healthcare provider before beginning a physical activity program.

Look for chances to be more active during the day. Walk the mall before shopping, take the stairs instead of the escalator or take 10–15 minute breaks while watching TV or sitting for walking or some other activity.

Don't get discouraged if you stop for a while. Get started again gradually and work up to your old pace.

Don't exercise too vigorously right after meals, when it's very hot or humid, or when you just don't feel up to it.

Visit www.heart.org/physicalactivity to find all the resources you need to get moving and stay motivated.

Diet

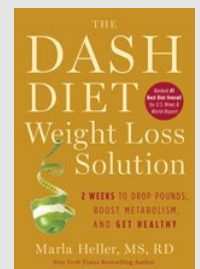
Diet and Lifestyle Recommendations in the fight against cardiovascular disease involves making the right choices when it comes to food and exercise. Develop and maintain a heart-healthy lifestyle with steps towards living healthier.

Eat a variety of nutritious foods from all the food groups

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have minerals, protein, whole grains and other nutrients but are lower in calories. They may help you control your weight, cholesterol and blood pressure.

Eat an overall healthy dietary pattern that emphasizes:

- ◇ a variety of fruits and vegetables, whole grains,
- ◇ low-fat dairy products,
- ◇ skinless poultry and fish
- ◇ nuts and legumes
- ◇ non-tropical vegetable oils
- ◇ Limit saturated fat, *trans* fat, sodium, red meat, sweets and sugar-sweetened beverages.
- ◇ If you choose to eat red meat, compare labels and select the leanest cuts available.



One of the diets that fits this pattern is the **DASH (Dietary Approaches to Stop Hypertension) eating plan. Most healthy eating patterns can be adapted based on calorie requirements and personal and cultural food preferences.**