

HD Healthy News



Public Health
Prevent. Promote. Protect.

2018 Spring

March ~ April ~ May

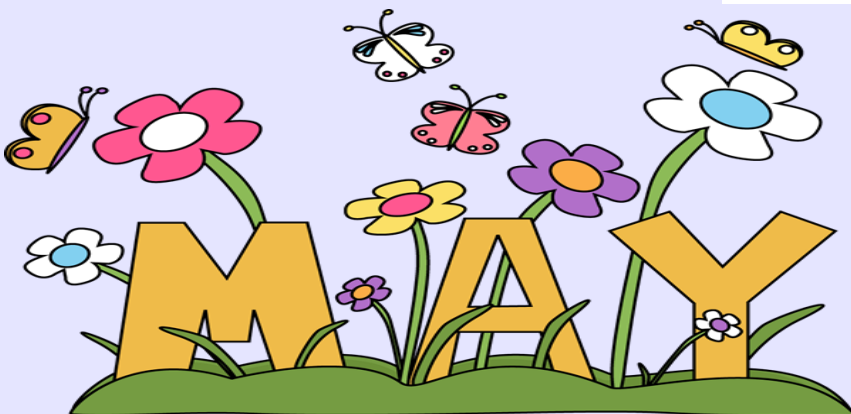


Free Rabies Clinic for all NJ Pet Owners:

Riverdale :

Saturday March 3rd 11am-1pm

DPW Garage, Dalton Drive



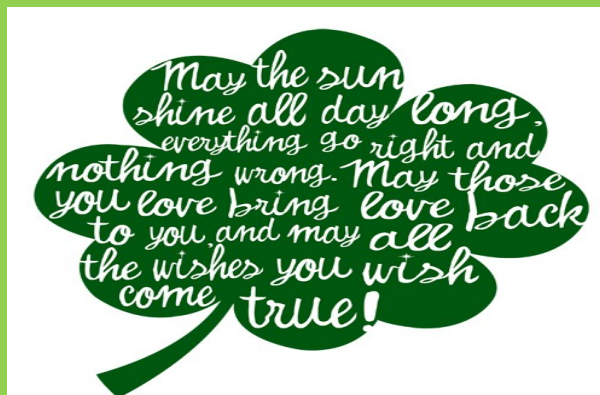
Like us on **Facebook:**
PEQWTP.HealthDept

Or follow us on
Twitter:



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

MARCH



National Poison Prevention Week March 19-23,2018

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.



APRIL



AUTISM AWARENESS

April 2nd is Autism Awareness Day
Remember to wear BLUE
and "light it up blue" for autism

www.abettermedaybyday.com [www.fb.com/abettermedaybyday](https://www.facebook.com/abettermedaybyday)

Autism spectrum disorder (ASD) is a **developmental disability**(<https://www.cdc.gov/ncbddd/developmentaldisabilities/facts.html>) that can cause significant social, communication and behavioral challenges. There is often nothing about how people with ASD look that sets them apart from other people, but people with ASD may communicate, interact, behave, and learn in ways that are different from most other people. The learning, thinking, and problem-solving abilities of people with ASD can range from gifted to severely challenged. Some people with ASD need a lot of help in their daily lives; others need less.



The Autism Awareness Ribbon

The puzzle pattern of this ribbon reflects the mystery and complexity of autism. The different colors and shapes represents the diversity of people and families living with this disorder. The brightness of the ribbon signals hope - hope through research and increasing awareness in people like you.

caregiver
monday tip

today be conscious of your breathing. when the stress of caregiving leads to short shallow breaths, pause and take a deep calming breath.

Even one slow inhale and exhale can signal your nervous system to relax.

May

May 2018

Lyme Disease Awareness Month



Early Signs and Symptoms (3 to 30 days after tick bite)

Fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes

Erythema migrans (EM) rash:

Occurs in approximately 70 to 80 percent of infected persons

Begins at the site of a tick bite after a delay of 3 to 30 days (average is about 7 days)

Expands gradually over a period of days reaching up to 12 inches or more (30 cm) across

May feel warm to the touch but is rarely itchy or painful

Sometimes clears as it enlarges, resulting in a target or “bull’s-eye” appearance

May appear on any area of the body

Later Signs and Symptoms (days to months after tick bite)

Severe headaches and neck stiffness

Arthritis with severe joint pain and swelling, particularly the knees and other large joints.

Facial palsy (loss of muscle tone or droop on one or both sides of the face)

Intermittent pain in tendons, muscles, joints, and bones

Heart palpitations or an irregular heart beat

Episodes of dizziness or shortness of breath

Inflammation of the brain and spinal cord

Nerve pain

Shooting pains, numbness, or tingling in the hands or feet

Problems with short-term memory

Photo : Erythema Migrans[EM] rash

Also known as “ bulls eye” rash.



Source: CDC.gov