

S P R I N G 2 0 1 5

the Health Source

A newsletter from the Monmouth County Regional Health Commission # 1 (MCRHC) in collaboration with the Monmouth Public Health Consortium (MPHC)*



Thank you!!

The Monmouth County Regional Health Commission #1 is Celebrating 79 years of public service.

Thank you making us your Local Public Health Department. ^

Here's to the health and well-being of all your community members!

From:
Dave Henry, Health Officer,
the Board of Commissioners and Staff.



Preventing Outbreaks at Camp

Camp settings present unique challenges for controlling outbreaks of communicable diseases. The Monmouth County Regional Health Commission works with camps to ensure that effective control measures are in place that reduce the spread of disease.

Inspectors look for:

- Adequacy of handwashing facilities that are working and stocked with soap and proper hand drying supplies
- Proper chemical storage
- Inspection of kitchen and food preparation and operation
- Inspection of bathing facilities
- Check presence of adequately certified staff

If you have any questions about camp inspection call us at 732- 493-9520

Save the Date!

National Infant Immunization Week

April 18 to 25

Promotes benefits of immunizations and health of children two years and younger.

Bike to School Day

May 6

Demonstrates a method of incorporating physical activity in your daily routine.

World No Tobacco Day

May 31

Raises awareness on the harm to people's health caused by the illicit trade in tobacco products.

NEW JERSEY'S SPRING HARVEST



Healthy Habits

Here are some tips on how you can get at least 20 minutes of exercise in your day and more fruits and vegetables.



Pick Your Own

It's that time of year where the flowers are blooming and the berries are ripening. Take advantage of all that Monmouth County has to offer by visiting the many farms that offer Jersey Fresh™ fruits and vegetables. Visiting a farm provides an opportunity for a brisk walk while choosing the foods you and your family love to eat. Visit jerseyfresh.nj.gov for a list of local farms.

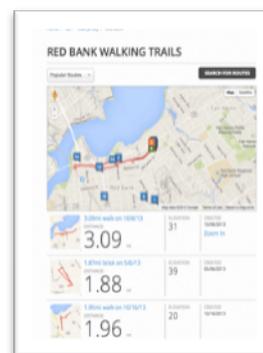


Walking Trails

Did you know that Monmouth County Park System has over 30 parks? That doesn't include your local town parks!

Walking trails are a great way to get into nature and explore local vegetation and wildlife. Trail walking is also a great way to get some physical activity into your day. Visit your municipality's website to see where your local park is and if they have walking trails or maps.

Featured here are the walking trail in Joe Palaia Park and Red Bank's a list of walking trails in the MapMyRun phone app.



Courtesy of MapMyRun



Courtesy of Ocean Township

Take the Bite Out of Spring and Summer!

Courtesy of the Monmouth County Mosquito Control Division



As the weather warms from spring into summer, people resume their favorite outdoor activities and become vulnerable to the annoyance and health risks posed by mosquitoes.

Soon, female mosquitoes will be flying about seeking a blood meal needed to produce eggs. In doing so, mosquitoes can transmit a number of diseases to people such as West Nile virus and Eastern Equine Encephalitis. Diseases caused by mosquito bites can be very serious, causing illness, long-term neurological effects, or even death. A recent scientific study also confirmed that when mosquitoes are present, people spend less time outside. And mosquitoes don't stop with biting humans - they will target your pets if given a chance.

This year, take a stance and take the bite out of spring and summer!

There are two different but equally important steps you can take:

- Eliminate standing water on your property
- Use insect repellants when outdoors.

In combination, these actions can make your spring and summer as pleasant as your mid-winter daydreams had imagined.

All mosquitoes use standing water to develop from the egg stage to the adult stage. This process takes about a week to complete. If you can eliminate sources of standing water or change the water once a week, you will greatly reduce the number of mosquitoes that can bite you on your property. Here are some things you and your neighbors can do around your home:

- During spring cleanup, discard all containers that you don't want or need- look for old paper cups, plastic bags and other unconventional containers holding water in shrubs and gardens
- For containers that you do want, keep them turned over or store them indoors
- Replace water in birdbaths and children's pools weekly

- Put fish in ornamental ponds
- Empty water that collects on tarps, boat covers and pool covers
- Dump water that pools in the dishes under flowerpots and planters
- Keep roof gutters clean and clear;
- Check flexible gutter extensions for water, pitch correctly
- Maintain/repair window and door screens to keep mosquitoes out.

While you can help to control mosquitoes around your home, you may still encounter mosquitoes when you are outdoors. Therefore, it is important to take personal protection to prevent bites seriously. Here are some ways to protect yourself, your family, and your pets:

- Whenever outdoors use a mosquito repellent on exposed skin having one of the following active ingredients- picaridin, DEET, IR-3535, or oil of lemon eucalyptus
- Spray clothing with a repellent having the active ingredient permethrin
- Wear loose-fitting pants and long sleeved shirts when possible
- Use mosquito coils or lanterns with the active ingredient allethrin on patios & decks
- Be sure to follow all product label directions when using repellents
- Consult your veterinarian regarding the prevention of diseases that are carried by mosquitoes and ticks which can affect dogs, cats, horses, and other pets

By following these tips you can do your part in making outdoor activities in Monmouth County as pleasurable as possible. If you have a mosquito problem that is too big to tackle, you can submit a request for service to the Monmouth County Mosquito Control Division at 732-542-3630 or online at www.visitmonmouth.com/mosquito.

Keep Your Food Safe and Guests Healthy

It's the season for picnics, cookouts, and other outdoor parties. However eating outdoors in warm weather presents a food safety challenge. Bacteria in food multiply faster at temperatures between 40°F and 140°F, so summer heat makes the basics of food safety especially important.

Use these simple guidelines for grilling food safety.

Wash Hands

It seems basic, but not everyone does it. Wash hands well and often with soap and water for at least 20 seconds, especially after using the bathroom and before cooking or eating. If you're in an outdoor setting with no bathroom, use a water jug, some soap, and paper towels. Consider carrying moist disposable towelettes for cleaning your hands.



Separate Raw with Cooked Food

Don't use a plate that previously held raw meat, poultry, or seafood for anything else unless the plate has first been washed in hot, soapy water. Keep utensils and surfaces clean.

Cook Food Thoroughly

To kill any harmful bacteria that may be present, use a food thermometer. Hamburgers should be cooked to a minimum internal temperature of 160°F. If a thermometer is not available, make sure hamburgers are brown all the way through, not pink. Chicken should be cooked to at least 165°F. If you partially cook food in the microwave, oven or stove to reduce grilling time, do so immediately before the food is placed on the hot grill.

Keep Hot Food Hot and Cold Food Cold

After cooking meat and poultry on the grill, keep it hot until served — at 140 °F or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in an oven set at approximately 200 °F, in a chafing dish or slow cooker, or on a warming tray.

Cold food (i.e., macaroni, tuna or potato salads) should remain at less than or equal to 40°F especially if left out.



Monmouth Public Health Consortium News!

Providing shared public health services to 27 municipalities in Monmouth County.

Shared Public Health Services

In 2006, several health officers from health departments across Monmouth County joined together to form the Monmouth Public Health Consortium (MPHC). Originally formed by way of a State shared services grant, the members of the Consortium initially covered 32 of the 53 municipalities. Coming up on its 10th anniversary, the Consortium now encompasses 27 municipalities (341,000 population) and has expanded the original services provided.

After the events of 9/11 and the Anthrax attacks there was a growing need for epidemiology services across all the local health departments. (Epidemiology is the study of patterns and causes of health situations (not just diseases) in the population to control health problems.) It was this need that drove a collaborative effort that would track public health related problems throughout the

county and educate county residents and professionals on public health issues. Margy Jahn, Health Officer at the Freehold Health Department, Dave Richardson, Health Officer of the Manalapan Health Department and Sidney Johnson, former MCRHC Health Officer spearheaded the effort.

Currently, the Consortium works together to reduce rabies exposure and share lab courier services, provide health education services, track public health risks and diseases, and strategize approaches to providing the most effective and efficient public health techniques in reducing health problems in the county. If you have any questions, or would like to learn more, contact Dave Henry, Chair and Health Officer at Monmouth County Regional Health Commission at dhenry@mcrhc.org.



Vaccinate Your Pet

Each day, about 1,000 U.S. citizens require emergency care treatment for dog bite injury. Getting your pet immunized demonstrates good ownership and helps to keep insurance rates low.

Protecting your pet from infectious or contagious diseases will allow your pet to live a long healthy life. By vaccinating your pet, you help protect your pet from various diseases including rabies, distemper, parvovirus, infectious hepatitis, Bordetella, feline leukemia and others.

Is The Food Safe?



During the first quarter of 2015 MCRHC Registered Environmental Health Specialists performed **426 inspections of retail food establishments** in the municipalities served. Visit mcrhc.org to see how your local establishment rated!

A “food establishment” is any location where food or beverage is transported, stored, or prepared for retail sale or given away (i.e., restaurant, food truck, day care center/school, grocery store, farmers market). There are some exemptions, see Chapter 24 (N.J.A.C. 8:24) for more information.

The Monmouth County Regional Health Commission #1

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Ocean, NJ 07712



*The following local health departments join MCRHC to form the MPHRC:

Colts Neck - Thomas Frank, HO
Freehold - Margaret Jahn, HO
Long Branch - David Roach, HO
Manalapan - W. David Richardson, HO

^There are sixteen (16) member towns, participating in the Monmouth County Regional Health Commission: Brielle, Fair Haven, Highlands, Little Silver, Monmouth Beach, Ocean Township, Red Bank, Rumson, Sea Bright, Sea Girt, Shrewsbury, Spring Lake, Spring Lake Heights, Tinton Falls, Wall Township and West Long Branch. The Commission also currently provides contract services to the following municipalities: Allenhurst, Deal, Interlaken, Middletown and Loch Arbour.