



Colts Neck Health Department

MCRHC

SPRING 2010

Universal Hepatitis B Vaccine Birth Dose

The Advisory Committee on Immunization Practices (ACIP) recommends giving the birth dose of hepatitis B vaccine to all newborns prior to hospital discharge. This ACIP recommendation concurs with the American Academy of Pediatrics (AAP) policy which recommends a birth dose for all infants.

Hepatitis B is a viral infection that infects and attacks your liver. If it's left untreated it can lead to chronic liver disease or liver cancer. Infants and children are at greatest risk of developing chronic infection. Chronic infection will occur in up to 90% of infants who were infected prenatally. The Centers for Disease Control (CDC) estimates that only half of the expected births

to hepatitis B-infected mothers are identified and managed appropriately.

If a mother is infected, the infant will probably be born without any symptoms of hepatitis B. In fact, it can take years for hepatitis B symptoms to develop. Childhood transmission of hepatitis B virus also occurs in infants who are exposed to persons in the household with chronic hepatitis B virus (HBV) infection.

Initiating the birth dose of hepatitis B vaccine to all infants while still in the hospital will protect and save lives that are unnecessarily being put at risk!

March is Brain Injury Awareness Month

In recognition of March being Brain Injury Awareness Month, CDC encourages you to talk with coaches, parents, athletes, and others about concussion in sports and the steps to take to help prevent, recognize, and respond to this serious injury.

According to the CDC, an estimated 3.8 million sport and recreation-related concussions occur in the United States each year. Of that estimate, U.S. emergency departments treat approximately 135,000 sports and recreation-related traumatic brain injuries (TBIs), including concussions, among children ages 5 to 18.

Concussions are a type of traumatic brain injury (TBI) caused by a blow or jolt to the head. The injury can range from mild to severe and can disrupt the way the brain normally works.

You cannot see a concussion, but you might notice some of the symptoms right away.

Sign and symptoms of concussions:

- Nausea (feeling that you might vomit)
- Dizziness or balance problems
- Double or fuzzy vision
- Sensitivity to light or noise
- Headache

- Feeling sluggish or tired
- Feeling foggy or groggy
- Confusion
- Trouble concentrating
- Trouble remembering

Other symptoms can show up days or weeks after the injury. It is best to see a health care professional if you think you might have a concussion. An undiagnosed concussion can affect your abilities at school or work and in everyday activities.

For more information please visit <http://www.biausa.org/biam.htm>

Ground Water Contamination

Ground water is water that is located below the surface of the earth in spaces between rock and soil. Ground water supplies water to wells and springs and is a substantial source of water used in the United States. Thirty percent of all available freshwater comes from ground water , which supplies a significant amount of water to community water systems and private wells.

Groundwater is polluted by runoff from fertilized fields, livestock areas, abandoned mines, salted roads and industrial areas. Pollutants soak into groundwater from poorly constructed landfills or septic systems. Gasoline and other harmful liquids leak from underground storage tanks into the groundwater supply. Homeowners can contribute to groundwater contamination by dumping household chemicals down the drain or pouring them on the ground. Groundwater moves very slowly so contamination is likely to remain concentrated and close to the point where the pollution occurred. When contaminated, groundwater quality must be restored before it can be used.

Restoring the quality of ground water after it has been contaminated is always time consuming and expensive. Many communities whose drinking water sources have become contaminated must spend millions of dollars to remove contaminants from the water before it can be piped to homes and businesses. It is far better to prevent contamination in the first place.

Here are some things individuals can do to protect groundwater:

- Dispose of chemicals properly.
- Take used motor oil to a recycling center. Do not dispose of it at home.
- Limit the amount of fertilizer used on outside plants.

To save the amount of water used:

- Take short showers.
- Shut off water while brushing teeth.
- Run full loads of dishes and laundry.
- Check for leaky faucets and have them fixed.
- Water plants only when necessary.
- Keep a pitcher of drinking water in the refrigerator.

Eating Healthy on the Run

Most people are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are healthy choices everywhere.

Here are some tips to help you eat healthy when eating out.

- Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables. and using whole-grain bread
- Try a smoothie made with juice, fruit and yogurt for a light lunch or snack.
- A baked potato offers more fiber, fewer calories and less fat than fries if you skip the sour cream and butter. Top your potato with broccoli and a sprinkle of cheese or salsa.
- Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.
- It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of

Hunger can drive you to eat too much bread before your meal arrives. Hold the bread or chips until your meal is served. Out of sight, out of mind.

French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.

- Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal.
- Be size-wise about muffins, bagels, croissants, and biscuits. A jumbo muffin has twice the fat and calories of the regular size.