

S P R I N G 2 0 1 7

# the Health Source

A newsletter from the Colts Neck Health Department in collaboration with the Monmouth Public Health Consortium (MPHC)\*



## Public Health and You

Did you know that school and daycare/preschool immunization audits help ensure that children are receiving necessary vaccinations to protect them and others from vaccine preventable diseases? The Public Health Nurse and Registered Environmental Health Specialist staff audit the immunization records for the private, public, and parochial schools, as well as daycare centers in Colts Neck. They:

- Enforce state regulations (N.J.A.C. 8:57-4 Immunizations of Pupils in School) that protect health and ensure safety
- Prevent epidemics and the spread of disease
- Promote and encourage healthy behaviors
- Provide resource information to the schools
- Link people to personal health services

Public health professionals are responsible for the investigation and follow-up of all reportable communicable diseases. For more information about our public health programs visit <http://www.colts-neck.nj.us/>.

## Act F.A.S.T. During a Stroke

If you think someone may be having a stroke, do the following simple test:

**F**ace: Ask the person to smile.

Does one side of the face droop?

**A**rms: Ask the person to raise

both arms. Does one arm drift downward?

**S**peech: Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?

**T**ime: If you observe any of these signs, call 9-1-1 immediately.



## Save the Date!

### National Infant Immunization Week

**April 22 to 29**

Review your children's records to make sure they have all the recommended immunizations.

### Bike to School Day

**May 10**

Incorporate physical activity in your daily routine; plan to bike to school with your student in May.

### World No Tobacco Day May 31

Today is the day to put that butt out for good! Learn about the ways to quit at [NJQuitline.org](http://NJQuitline.org).

## Simple Actions to Prevent Sexually Transmitted Diseases

**New Jersey ranked 31st for gonorrhea, 36th for syphilis, and 45th for chlamydia among the 50 US states. There are many sexually transmitted diseases that are currently affecting thousands of New Jerseyans.**



Every year there are 20 million new sexually transmitted infections that occur in the United States. While sexually transmitted diseases (STDs) affect individuals of all ages, STDs take a particularly heavy toll on young people. The Centers for Disease Control and Prevention estimates that youth ages 15-24 make up just over one quarter of the sexually active population and half are in that age group.

### How to Prevent STDs

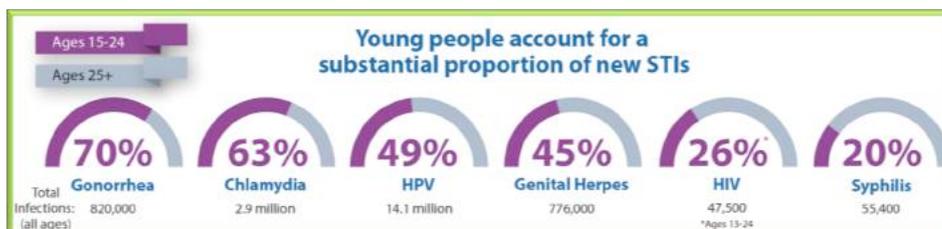
1. The best way to avoid STDs is to practice abstinence before marriage, or not have vaginal, oral, or anal sex.
2. If you choose to have sex, you and your partner should get tested beforehand and use condoms every time you have sex, to reduce your risk.
3. Practice monogamy. Or have fewer sexual partners, preferably who were tested for STDs.
4. Get vaccinations to prevent STDs like HPV and hepatitis B vaccine. Vaccines can help lessen or prevent the risk of contracting genital warts and some forms of cancer.
5. Talk to your partner about how to prevent STDs. Your partner should respect your right to say no anytime anything doesn't feel right.



Image by: yanlev

### How you get STDs

STDs are passed on from one person to another via sexual contacts like oral sex or vaginal intercourse. With some diseases, like herpes and HPV you don't even have to "go all the way" because they can spread by skin-to-skin contact. Many STDs don't cause any symptoms that you would notice, so the only way to know for sure if you have an STD is to get tested.



Source: Centers For Disease Control and Prevention

**The Sexually Transmitted Disease Program of NJ strives to prevent and reduce the effects of STDs in New Jersey. Find testing centers and more information about each infection at <http://www.state.nj.us/health/hivstdtb/stds>.**

# 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. If you can eliminate sources of standing water or change the water once a week, you will 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.

- 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](http://www.visitmonmouth.com/mosquito).



## Tips to Check & Treat Mold in Spring Cleaning

It is officially spring-cleaning time in New Jersey, and all the residents prepare to prioritize the cleaning plan. While spring-cleaning, pay extra attention to cleanups that will prevent mold and will make your house fungus-free.

### How to Check for Mold

Mold can be of different shapes and colors, including brown, green, yellow, and black. They can be odorless or can emit strong, musty smell, depending upon which species of the mold.

Mold can be found indoors and outdoors, and they thrive in damp places. The ideal breeding grounds for molds are inside the walls and ceiling near an exposed source of moisture, such as a leaky roof or a cracked pipe. Check any unpleasant odor in such areas of your home, investigate the appearance of any scum in the damp places, or use a mold check kit.



Image by Andrey Popov

### How To Remediate Mold While Spring-Cleaning

1. Search for water leakage, a broken water line, or any other source of moisture and get it fixed.
2. Remove, clean, and dry area rugs and wall-to-wall carpeting.
3. Remove unwanted cardboard boxes, furniture, and upholstered items.
4. Wipe and scrub bathroom shower tiles to remove traces of molds.
5. Disinfect areas like non-porous tiles, sinks, and bathrooms with a vapor steam cleaner.
6. Inspect, clean, and repair roof gutters.
7. If you're painting during spring-cleaning, add mold inhibitors to your paint.
8. Clean air conditioning unit for proper flow.

Call (609) 826-4950 for more information on mold removal procedures and to get a copy of the state's Mold Guidelines from the NJ Department of Environmental and Occupation Health Assessment Program.

## Top Tips to Avoid Lyme Disease

**Lyme disease is a bacterial infection spread by ticks. Ticks are spider-like insects that feed on the blood of animals and humans. In New Jersey, a deer tick is the most common type that spreads Lyme disease and other tick-borne diseases.**

Ticks are most active from April to September. People spending more time in tick-infested areas during these months of the year are most prone to Lyme disease.

### How to Prevent Lyme Disease?

1. When hiking, walk in the center of the trail to avoid high grass and leaf litter areas.
2. Mow and trim your lawn regularly to avoid making it a breeding ground for ticks.
3. Wearing light-colored clothing will make it easier to find ticks on your clothes.
4. Use 20 to 30% DEET repellents on exposed skin for protection against ticks for up to 4 hours.
5. Apply repellents containing permethrin on clothing and gear, which will safeguard you through several washings.
6. Check yourself for ticks regularly once you

have entered a tick-infested area.

7. Check for ticks on all exposed skin. Take extra care to inspect the scalp, under the arm, behind the ear, in the groin, and on the ankle.

### What to do if You Find a Tick

1. Remove the tick immediately before it attaches to the skin and avoid crushing or squeezing.
2. Use tweezers to grab the tick's head if it has already attached to the skin.
3. DO NOT squeeze, cover, or burn an attached tick. Doing any of these risks the tick's fluid, and potentially a tick-borne illness from entering your skin.
4. Disinfect the bitten area after removing the tick with alcohol or hot water.

Visit [www.cdc.gov/ticks/diseases/](http://www.cdc.gov/ticks/diseases/) for more information on tick-borne diseases.



## Vaccinate Your Pet

Only healthy dogs and cats that can be safely restrained by their owner shall be vaccinated at our clinics. Dogs and cats that cannot be properly restrained by their owner will not be vaccinated at our clinics.

**Wednesday, May 3, 2017**

**7:00 pm to 8:00 pm**

Fireman's Field Memorial Parkway

Oakhurst Fire House

72 Larkin Place

Oakhurst, NJ 07755



## Stay Current!

Want to get all the latest public health news and alerts.  
Visit our website at <http://www.colts-neck.nj.us>.

## The Colts Neck Health Department

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124 Cedar Drive  
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732-462-5470

\*The following local health departments form the Monmouth Public Health Consortium:

Colts Neck - Thomas Frank, Health Officer

Freehold - Margaret Jahn, Health Officer

Long Branch – Sydney Johnson, Health Officer

Manalapan - W. David Richardson, Health Officer

Middletown – Rich DeBenedetto, Health Director

Monmouth County Regional Health Commission No.1 – David Henry, Health Officer