

the

Health Source

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



Rip Currents

Rip currents are powerful, narrow channels of fast-moving water that are prevalent along the coast. Moving at speeds of up to eight feet per second, rip currents can move faster than an Olympic swimmer.

In 2017, there were nine deaths in NJ due to rip currents, the highest number of fatalities since 2008. Lifeguards rescue tens of thousands of people from rip currents in the U.S. every year. Panicked swimmers often try to counter a rip current by swimming straight back to shore

Continued on page 2



Animal Bites

As the weather warms up and more people are outside with their pets, there is more opportunity for bites to occur. There are various reasons an animal may bite or scratch. ALWAYS take precaution when around an unfamiliar animal. However, owners can find themselves in an unfortunate situation even with a family pet.

Whether or not medical attention is sought, human exposures need to be reported to the local health department for the victim's safety. The procedure is for a health department staff member to follow-up on the particular animal's rabies vaccination history. A temporary (10 day) quarantine notice is issued. The notice is to keep the animal away from the general public while its health

Continued on page 2

Health Observances!

Rip Current Awareness Week

June 3 - 9

Dedicated to educating swimmers about how to prevent accidents from rip currents.

Men's Health Month

June

Heightens the awareness of preventable health problems among boys and men.

UV Safety Month

July

Raises awareness of the serious health problems ultraviolet (UV) radiation can cause.

World Hepatitis Day

July 28

Availability of effective vaccines and treatments for hepatitis B & a cure for hepatitis C makes elimination achievable.

Pool Rules to Benefit the Public

On January 1, 2018 new state rules for all public bathing pools, spas, and beaches went into effect that will benefit swimmers. The new rules do not change public behaviors but are for pool operators to implement. The new pool rules provide the necessary changes to ensure public health protection. Simply put, the rules were designed to control risk factors for injuries and illness.

Under the new rules, all public bathing facilities are required to provide a checklist certifying compliance with the State Bathing Code prior to opening, have new equipment, post the address of the facility near emergency phones, provide records of water testing, as well as taking other safety measures. The new rules also contain more specific language on lifeguard requirements.

Swimmers should still follow the general recommendation to stay out of the water if experiencing diarrhea or illness. And use a bathroom at all times necessary as no one wants to swim in urination or defecated waters. The only change swimmers will see is that young children no longer have to wear plastic pants with snug fitting elastic. Any diaper specifically designed for water play will be acceptable.

For more information on the revised Bathing Code, http://www.nj.gov/health/ceohs/documents/phss/rec_bathing.pdf.

RIP CURRENTS
Break the Grip of the Rip!

ESCAPE ESCAPE ESCAPE ESCAPE

CURRENT RIP CURRENT CURRENT

Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

IF CAUGHT IN A RIP CURRENT

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

SAFETY

- ◆ Know how to swim
- ◆ Never swim alone
- ◆ If in doubt, don't go out

More information about rip currents can be found at the following web sites:
www.ripcurrents.noaa.gov
www.usfa.org

NOAA U.S. Coast Guard

Rip Currents, continued

— putting themselves at risk of drowning because of fatigue.

If caught in a rip current, don't fight it! Swim parallel to the shore and swim back to land at an angle.

Source: National Oceanic and Atmospheric Administration

Animal Bites, continued

status is assured. The health department can provide guidance in situations of bat exposures, where a wild animal inflicted a bite, when a biting animal cannot be located, or when neurological signs are present in the animal. Rabies spread by an infected animal can be fatal, making timely medical care essential.

If you have any questions on the risk of rabies, please contact us at 732-462-5470, x 109.

Colts Neck Health Department provides rabies vaccines for cats and dogs each year in the fall and winter. Visit www.colts-neck.nj.us for the clinic schedule.



DID YOU KNOW?:

WHAT ARE LOCAL BOARDS OF HEALTH?

New Jersey Statute requires that each municipality have a Board of Health. Boards of Health, depending on the municipality's form of government, can be advisory, autonomous, or a town council can act as the Board of Health. Colts Neck Board of Health has nine members that meet monthly.

Boards of Health provide oversight and guidance for local health departments and they set public health priorities for our communities. Some Boards of Health make policy decisions regarding the purpose, function, goals and activities of the health department. The Board reviews, amends and adopts ordinances related to public health. Additionally, Boards of Health establish budgets for the department based on recommendations of the Health Officer and available funds. Their local nature makes Boards of Health an integral part of improving and promoting population health.

Board of Health meetings are public meetings and are typically held monthly. Open meetings allow for residents to have a direct voice in the decisions made by the board.

If you are interested in attending the Colts Neck Board of Health meeting visit <https://www.colts-neck.nj.us/> for a list of meeting dates.



Public Health
Prevent. Promote. Protect.



HIV TESTING DAY – JUNE 27

An estimated 1.1 million people in the United States are living with HIV, including about 162,500 people who are unaware of their status. In Monmouth County there are close to 1900 people living with HIV/AIDS, 69% are male. Approximately 40% of new HIV infections are transmitted by people who are living with undiagnosed HIV. For those who are living with undiagnosed HIV, testing is the first step in maintaining a healthy life and reducing the spread of HIV.

CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care. For those with specific risk factors, CDC recommends getting tested at least once a year.

There are three types of tests available: nucleic acid tests (NAT), antigen/antibody tests, and antibody tests. HIV tests are typically performed on blood or oral fluid. They may also be performed on urine.

After you get tested, it's important for you to find out the result of your test so that you can talk to your health care provider about treatment options if you're HIV-positive. If you're HIV-negative, continue to take actions to prevent HIV, like using condoms the right way every time you have sex and taking medicines to prevent HIV if you're at high risk.

To find out where you can get tested, visit: <http://www.nj.gov/health/hivstdtb/hiv-aids/>.

Preparing for a Disaster Like a Hurricane

Now is a good time to prepare for a hurricane!
Here is a checklist of things to do:

KNOW YOUR ZONE

No matter where you are, flooding, power outages and other events can affect your daily life. Do you live near the coast? You will likely be the first to receive an evacuation order when these storms approach New Jersey. Find out where your hurricane evacuation route is by visiting www.ready.nj.gov/plan-prepare/evacuation-routes.shtml or contacting your local government/emergency management office. Understanding your home's vulnerability to storm surge, flooding and wind will better prepare you for an emergency.

WRITE OR REVIEW YOUR FAMILY EMERGENCY PLAN

Before an emergency happens, sit down with your family or close friends and decide how you will get in contact with each other, where you will go, and what you will do in an emergency. Keep a copy of this plan in your emergency supplies kit or another safe place where you can access it in the event of a disaster. Start at the www.Ready.Gov emergency plan webpage.

PUT TOGETHER AN EMERGENCY KIT

Put together a basic emergency kit. Check emergency equipment, such as flashlights, batteries, and storm shutters. If you have a generator be sure it is outside and you have fuel. Include a three day supply of canned, non-perishable, ready-to-eat food and water (three gallons per family member). Additional items to include are: medications, first aid kit, can opener and utensils, cash, and any special needs.

STAY INFORMED

Contact the Monmouth County Office of Emergency Management to find out what emergencies are likely in your area and how you can better prepare for each. Identify the local radio, TV stations, and social media platforms you should tune into for emergency alerts and



official instructions. Learn about the warning signals that may be used in your community.

REVIEW YOUR INSURANCE POLICIES

Review your insurance policies to ensure that you have adequate coverage for your home and personal property.

Working Together to Prevent Lead Poisoning

Exposure to lead can become a serious health issue, especially for young children. Young children grow fast and put their hands in their mouths. Their bodies can more easily take in lead which puts them in greater danger of becoming lead poisoned than adults. That's why all seven Monmouth County public health agencies have come together to make preventing lead poisoning a priority.

HEALTH EFFECTS

Lead poisoned children may have learning and behavior problems. Some children have headaches, hearing problems, anemia and in rare cases may die. Despite some of the serious side effects, some children might not look, act or feel sick.



WHERE TO FIND LEAD

Lead is a naturally occurring element. Lead has been used in a number of ways over the years, so it can be found in the soil, in the paint and plumbing of older homes, as well as in the air and dust in places where lead paint is present. Lead has also been found in certain imported candies, toys, and jewelries from countries who do not regulate it as strictly as the United States does. Traditional homeopathic remedies from different cultures can also include lead.



COMMUNITY LEAD EXPOSURE PREVENTION PROJECT

Despite significant reductions in the incidences of childhood lead poisoning, thousands of children are identified with elevated blood lead levels each year in New Jersey. The new campaign aims to raise awareness about lead poisoning, increase screening and reduce lead exposure. The project, funded by the NJ Department of Health, uses the expertise of health departments to educate families and providers, perform home inspections, and provide nurse case management.

The Colts Neck Health Department is working with the Health Departments in the Freehold area, Long Branch, Manalapan, Middletown, Monmouth County Health Department, and the Monmouth County Regional Health Commission so that Monmouth County is a safe place for kids to learn, live and play.

TESTING FOR LEAD

A blood lead screening test is the only way you can find out if your child has too much lead in his or her body. If your child is under the age of six and has not been tested, please ask your doctor to test your child. Children must be tested by age one and again at two years old.

Visit www.state.nj.us/health/childhoodlead/ for more information on lead poisoning.

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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*The following local health departments form the Monmouth Public Health Consortium:
Colts Neck - Thomas Frank, Health Officer
Freehold Area - Margaret Jahn, Health Officer
Long Branch - Sidney Johnson, Health Officer
Manalapan - W. David Richardson, Health Officer
Middletown Township - Rich DeBenedetto, Director
Monmouth County Regional Health Commission - David Henry, Health Officer