

# Your Health Matters



**Public Health**  
Prevent. Promote. Protect.

Volume 5 Issue II

July 2019

## Special points of interest:

- July is UV Safety Month
- August is National Immunization Awareness Month
- September is National Sickle Cell Awareness Month
- October is Domestic Violence Awareness Month
- November is National Family Caregivers Month
- December 1st is World AIDS Day.

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## Healthy Eating: Add More Color

An easy first step to eating healthy is to include fruits and vegetables at every meal and snack. All forms (fresh, frozen, canned and dried) and all colors count, so go ahead and add color to your plate and your life. Below are five reasons to eat more color:



1. Full of the good. Fruits and vegetables provide many beneficial nutrients, including vitamins, minerals, healthy fats, protein, calcium, fiber, antioxidants and phytonutrients.
2. Free of the bad. Fruits and vegetables typically contain no trans fat, low saturated fat and very little or no sodium. The natural sugars they contain don't affect your health the same way added sugars do, especially if you eat the whole fruit or vegetable and not just the juice.
3. Won't weigh you down. Fruits and vegetables tend to be low in calories, so they can help you manage your weight while still filling you up, thanks to the fiber and water they contain. Replacing higher-calorie foods with fruits and vegetables is an easy first step to a healthier eating plan.
4. Super flexible superfoods. All forms of fruits and vegetables – fresh, frozen, canned, dried and 100% juice – can be part of a healthy diet. They can be eaten raw or cooked, whole or chopped, organic or not, and alone or in combination with other foods. They are among the most versatile, convenient and affordable foods you can eat.
5. A whole body health boost. A healthy eating plan rich in fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, stroke, obesity, high blood pressure, high blood cholesterol, diabetes, kidney disease, osteoporosis and some types of cancer. They are also essential to many daily functions of a healthy body.

For more information visit:  
[https://www.heart.org/en/  
healthy-living/healthy-eating](https://www.heart.org/en/healthy-living/healthy-eating)

## The Importance of Vaccinations

Vaccines have prevented countless cases of disease and saved millions of lives. Diseases that used to be common such as polio, measles, pertussis (whooping cough), mumps, tetanus, and rubella can now be prevented with vaccination.

Immunity is the body's way of preventing disease. The immune system recognizes germs that enter the body as "foreign invaders" (antigens) and produces proteins called antibodies to fight them.

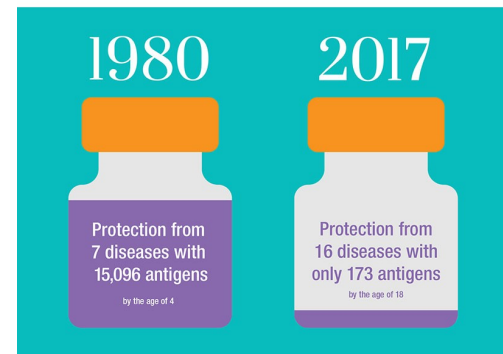
Vaccines contain the same antigens that cause diseases. For example,

the measles vaccine contains measles virus, but the antigens in the vaccine are either killed or weakened to the point that they do not cause disease. However, such antigens are strong enough to make the immune system produce antibodies that lead to immunity. A vaccine is a safer substitute for a child's first exposure to a disease. Protection is gained without having to get sick.

For information, please visit: <https://www.cdc.gov/vaccines/vac-gen/howvpd.htm>

## Vaccines Today Work Better Than Ever

Since 1980: More protection, fewer antigens.



Based on CDC Recommended Vaccine Schedule U.S. for children birth to 18 years. Source: Plotkin's Vaccines (Seventh Edition)

## Fireworks Safety

The summer usually kicks off with cookouts, beach trips, and fireworks. According to the U.S. Consumer Product Safety Commission's most recent annual fireworks injury report fireworks caused eight deaths and about 13,000 injuries in 2017.

Even sparklers can be dangerous as they burn at more than 2,000 degrees Fahrenheit.

Take precaution with these fireworks safety tips:

- Respect safety barriers, follow all safety instructions and view fireworks from at least 500 feet away.
- Do not touch unexploded fireworks; instead, immediately contact local fire or police departments to help.

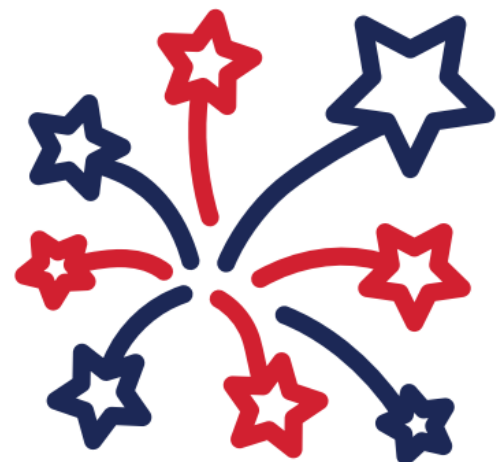
It is illegal to sell, possess, or use fireworks in New Jersey except for specific items such as sparklers and some novelties. Follow these safety tips:

- Do not allow young children to play with fireworks.
- Older children should be permitted to use fireworks only under close adult supervision.
- Do not allow any running or horseplay.
- Set off fireworks outdoors in a clear area, away from houses, dry leaves, or grass and other flammable materials.
- Keep a bucket of water nearby for emergencies and for pouring on fireworks that fail to ignite or explode.
- Be sure other people are out of range before lighting fireworks.
- Never light fireworks in a container, especially glass

or metal.

- Store fireworks in a cool, dry place.
- Observe local laws.
- Never have any portion of your body directly over a firework while lighting.
- Do not experiment with homemade fireworks.

For more information visit, <https://www.aao.org/eye-health/tips-prevention/injuries->



## Protect Yourself Against Ticks

With summer time here, it is important to protect yourself against ticks. Ticks are small and can be easy to miss. Ticks are more prevalent in tall grass and wooded areas inhabited by large animals such as deer. The most well-known tick in New Jersey is the Blacklegged tick (deer tick) which carries Lyme disease. In 2017, there were 130 reported cases of Lyme disease in Morris County. Ticks are most active during the warmer months (April-September) so it is important to protect yourself and loved ones.

Follow the tips below:

- Wear long sleeved shirts and long pants. Consider tucking your pant legs into your socks, especially if you walking in tall grass or wooded areas.
- Use EPA registered insect repellent with DEET. For ticks, the Center for Disease Control and Prevention (CDC) recommends a minimum concentration of 20% DEET in repellents. The ingredients of repellents registered with the

EPA have been evaluated for both safety and efficacy.

### Proper Application of Repellent

- A repellent with DEET only protects the areas to which it is applied.
- Insect repellent should be applied as a thin layer, covering the entire exposed skin surface evenly. Heavy application is not necessary to achieve protection.
- Using the hands to rub a spray or lotion repellent into exposed skin helps ensure even distribution of the product.
- Remember to apply only to exposed skin and/or clothing. Do not use repellents under clothing.
- DEET should not be applied to synthetic fabric such as rayon or to plastics, because it can damage these products.
- Follow the directions on the product you are using in order to determine how frequently you need to reapply repellent.

- You can use a DEET-based insect repellent in concentrations up to 30% on children as young as two months of age.

### DEET concentration in repellent

- There is no one right answer to this question. There are various concentrations of DEET are out there to address different needs. As a general rule, higher concentrations of DEET will offer longer-lasting protection, but this effect tends to level out at concentrations of DEET over 50%.
- In order to protect against tick bites, using a higher concentration of DEET (between 20% and 50%) is preferable.
- At this time, products containing DEET are the only repellents applied to skin that are effective against tick bites.

For information and tips, please visit [www.DEETonline.org](http://www.DEETonline.org).



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Three species of ticks transmit disease in New Jersey. This includes the blacklegged (deer) tick, *Ixodes scapularis* (right), the lone star tick (*Amblyomma americanum*, center) and the American dog tick (*Dermacentor variabilis*, left)

Picture: Rutgers New Jersey Agricultural Experiment Station

## Sleep: Are You Getting Enough

Sleep is often the first thing to go when our lives start to get busy. Being fatigued can have serious impacts on your health and safety, consider these risks:

- Chronic sleep deprivation can cause a number of serious health risks, such as depression, obesity, and cardiovascular disease.
- Fatigue can lead to decrease in cognitive performance, vigilance, accuracy, and judgment.
- Driving while fatigued can be similar to driving under the influence of alcohol.
- Up to 70 million Americans have a sleep disorder, which are major drivers of fatigue.
- A typical employer with 1,000 employees can expect to lose more than \$1 million each year to fatigue.

- Limited sleep and yawning are usually the only visible symptoms of fatigue, but hidden symptoms include decreased vigilance, attention, memory and concentration.

### Fight Fatigue

Many factors can keep you from getting the sleep you need, so focus on factors you can control. To get the recommended 7-9 hours of sleep each day, remember A.C.E.S.:

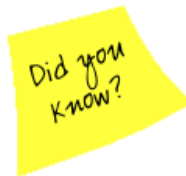
**A: Alcohol** - While drinking alcohol may make you feel drowsy, it can actually interrupt your circadian rhythm and cause poor sleep quality.

**C: Caffeine** - As a stimulant, consuming caffeine can disrupt your sleep patterns. Avoid it at least 6 hours before bedtime.

**E: Environment** - Keep your bedroom cool and dark.

**S: Screens** - The blue light from TVs, phones, tablets, and other electronic devices can keep your body from producing melatonin, the hormone that helps you relax and get sleep. Avoid screens for at least 30 minutes before bed.

For more information visit: [https://www.nsc.org/Portals/0/Documents/NSCDocuments\\_Corporate/NSM/2019/week3-fatigue/tipsheet-fatigue-english.pdf](https://www.nsc.org/Portals/0/Documents/NSCDocuments_Corporate/NSM/2019/week3-fatigue/tipsheet-fatigue-english.pdf)



Physical activity is one of the best things you can do to improve your health. Getting enough physical activity can prevent 1 in 10 premature deaths.



Source: Centers for Disease Control and Prevention

## Sitting: The New Cancer?

Research shows that sitting for long periods of time is linked to many health concerns including obesity, high blood pressure, and excess body fat around the waist. Extended sitting time, such as at a desk or front of a screen can also be harmful. Studies show that those who sit for more than eight hours a day with no physical activity

have a risk of dying similar to the risks of dying posed by obesity and smoking.

It is clear that less sitting and more moving contributes to overall better health.

- Take a break from sitting every 30 minutes.
- Stand while talking on the phone or watching television.

- If you work at a desk, try a standing desk—or improvise with a high table or counter.
- Walk with your colleagues for meetings rather than sitting in a conference room.

The impact of movement can be profound. For more information visit: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005>



## Keep Yourself Balanced

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life from childhood through adulthood.

Below are 10 tips to keep yourself balanced:

1. **Value yourself:** Treat yourself with kindness, respect, and avoid self-criticism.
2. **Take care of your body:** Eat healthy meals, drink plenty of water, and exercise.
3. **Surround yourself with good people:** People with strong social connections are generally healthier than those who lack a support network.
4. **Give yourself:** Volunteer your time to give back and help others.
5. **Learn how to deal with stress:** Take a nature walk, write in a journal, or play with your pet.
6. **Quiet your mind:** Relaxation exercises can improve your state of mind.
7. **Set realistic goals:** Aim high but be realistic.
8. **Break up the monotony:** Routines make us more efficient but a change of pace can perk up a tedious schedule.
9. **Avoid alcohol and drugs:** Keep alcohol to a minimum and avoid other drugs.
10. **Get help when you need it:** Seeking help is a sign of strength, not weakness.

For more information visit, <https://www.uhs.umich.edu/tenthings>



## September is Pain Awareness Month!

**Over 50 million Americans suffer from chronic pain.**

For more information visit, <https://www.theacpa.org/>



## Medical Reserve Corps

The Morris County Medical Reserve Corps is a well-prepared and trained workforce of volunteers to help public health protect the community in the event of a public health emergency.

To learn more about the MRC, or to fill out a volunteer application, visit [www.njmrc.nj.gov](http://www.njmrc.nj.gov).

A BIENNIAL  
NEWSLETTER FROM  
THE MORRIS COUNTY  
OFFICE OF HEALTH  
MANAGEMENT

Important Numbers

**GENERAL**

NJ211  
2-1-1  
North Jersey Red Cross  
(973) 538-2160  
Poison Information  
1-800-222-1222  
Mental Health Hotline  
1-877-294-4357

**MORRIS COUNTY**

Health Management  
973-631-5484  
Emergency Management  
973-829-8600  
Sheriff's Office  
973-285-6600  
Prosecutor's Office  
973-285-6200

**NEW JERSEY**

Communicable Disease Service  
1-609-826-5964  
State Police

Address

Morris County Office of Health  
Management  
POO Box 900  
634 West Hanover Avenue  
Morristown NJ 07961

[www.morrishealth.org](http://www.morrishealth.org)

The mission of the Morris County Office of Health Management is to promote public health, to prevent the spread of disease, and to protect the environment, through awareness, compliance, education, training, and emergency response.

Contributing Writers:

**Carlos Perez, Jr., M.P.A.**

Health Officer

**Shanice Johnson, M.P.H., C.H.E.S.**

Health Education Field Representative

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