

Englewood Health Watch

Volume 11, Issue 1

Sep / Oct / Nov 2017

Health Observances

- September—Emergency Preparedness Month; Prostate Health Month; Healthy Aging Month
- October—National Breast Cancer Awareness Month; National Bullying Prevention Month; National Sudden Infant Death Syndrome (SIDS) Awareness Month
- November—American Diabetes Month; National Family Caregivers Month



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The Gift of Life

Every 2 minutes, someone in the U.S. needs blood. Each August, blood donations decline due to fewer blood drives, school closings and potential donors being on vacation. As a result, the American Red Cross (ARC) experiences critical blood shortages.

In response to the shortage, the Englewood Health Department and Public Library partnered with the ARC Blood Services to host a blood drive on Tuesday, August 8th at the Library. There were 35 donors registered and 25 successful pints collected. This means that 75 lives will be posi-

tively impacted or saved by the drive. It was a very successful blood drive that contributed to the emergency request for blood.

ShopRite of Englewood and Dunkin' Donuts both contributed \$5.00 gift cards to each donor.

The goal of the ARC is to have blood available before it is needed. After blood is donated, it is processed, tested, stored and then distributed to hospitals. There is always a need for donations so hospitals can restock supplies and save lives. Blood donors can give blood every 56 days if eligible.

Donating blood is a very

positive experience for many, both the donor and recipient. Thanks to all of the donors for helping save lives and improve health.

To learn more about hosting a blood drive, donating or eligibility, please visit ARC at <http://www.redcross.org/give-blood>



*Lismary Espinal
Health Educator*

Fight the Flu

Opportunities abound for a FREE Flu Shot in Englewood.

If you are looking to get a flu shot and stay flu-free this winter, go to any of these loca-

tions for the vaccine, courtesy of Walgreens and the Englewood Health Department.

Free flu shots for adults

Given by Walgreens of

Englewood

West Palisade Avenue
Latino Festival
Sat., October 7th - 1pm
to 5pm.

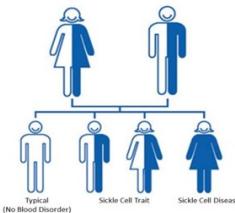
(cont'd)

Sickle Cell Disease—Part 2

As we learned in Englewood Health Watch - Volume 10, Issue 4, sickle cell disease (SCD) is a hereditary blood disorder that prohibits blood and oxygen from flowing freely throughout the body. SCD is painful and may result in severe crisis. Even though SCD is hereditary, both parents have to be carriers of the sickle cell trait for the disorder to be passed down to the child. During conception, the child gets a sickle cell gene from each parent. When both parents are carriers, there is a 25% chance that the child will have SCD and also a 25% chance that the child will not.

While the child may or may not have SCD, there is 50% chance of the child being born with sickle cell trait (SCT). SCT happens when the child receives a normal gene from one parent and a sickle cell gene from the other parent. People with SCT usually do not have signs of sickle cell disease and may live a normal life, but they can pass the sickle cell gene on to their children, thereby continuing the cycle or hereditary factor of SCD. Therefore, it is imperative that individuals, who plan to start a family, learn about each partner's genetic traits, such

as a blood disorder – to prepare for the possibility of a child born with any genetic trait or disorder.



*Claudette Murdock,
Public Health Nurse*

Source: CDC.gov

Sept.—Emergency Preparedness Month

Just how prepared are you for an emergency? Test yourself with this quiz. If you don't know the answer to some of the questions, visit www.Ready.gov or your local Office of Emergency Management (OEM) for tips and resources that can help make sure you, your family, and your community are *Ready*.

Does your local government have an emergency or disaster plan for your community? If so, do you know what it is?

Do you know how to find the emergency broadcasting channel on the radio?

Does your city/county have an emergency alert system? Is so, are you signed up to get alerts?

Do you know your local evacuation routes? How would you get out of town from work? Home?

Does your city/county have a Citizen Corps Council? If you don't know, check at www.citizencorps.com

In the last year, have you prepared or updated your Emergency Supply Kit with supplies like water, food and medicine that is kept in a designated place in your home? Visit www.Ready.gov for an Emergency Supply Kit checklist.

Do you have a small kit with emergency supplies at home, in your car or where you work to take with you if you had to leave quickly?

In the last year, have you made a specific plan for how you and your family would communicate in an emergency situation if you were separated?

Have you established a specific meeting place for your family to reunite in the event you and your family cannot return home or are evacuated?

In the last year, have you practiced or drilled on what to do in an emergency at home?

Have you taken first aid training such as CPR in the past five years?

September—Food Safety Education Month



Englewood Health Department is proud to now offer the 8-hour ServSafe Food Managers Certification Course. During the summer months, the Registered Environmental Health Specialists provided three 8-hour courses. Each covered safe food handling techniques, different forms of cross contamination, the flow of food, and pest management. The information is presented using DVDs, instructor presentation

and the food manager text book. Classes and Exams are conducted in English and Spanish.

At the end of the class, an examination is administered. Students who pass the exam are awarded a 5- year Food Manager Certificate. The course fee is \$185.00 (includes course, exam, textbook, and materials) which must be paid two weeks before the course date at the Health Department. Maximum class size is 10 persons. Starting

in November, we will accept applications for 2018 classes. The schedule and applications will be available on the Health Department website and in the office. Join us in class as we work to educate the "Serve Safe" way all year long.

*Priscilla Lewis
Health Inspector*

Flu (cont'd)

Englewood Library, 31 Engle St
Mon., October 23rd - 10am to 1pm
Thur., October 26th - 5pm to 8pm

Free flu shots for children,
ages 6 months to 18 years
Englewood Health Dept, 73 S Van
Brunt St
Thur., November 9th - 10am to
2pm

The flu vaccine was first used on U.S. soldiers during World War II. It was partially developed by Jonas Salk, the same person credited with developing the polio vaccine in 1955. The U.S. military was



interested in a vaccine against flu because approximately 43,000 American service members died from the disease during the WWI. During the 2015-2016 flu season, the CDC estimates that 57,062 citizens died from influenza/pneumonia, which was the eighth leading cause of death in the United States.

Put Life Back in Your Life

Feel better; be in control; do the things you want. Join our Chronic Disease Self-Management class at the Englewood Housing Authority on 111 West Street in Englewood. Our Health Educator, Lismary Espinal, will conduct a 6 week

free workshop from Tue., Sept. 19th through Oct. 24th from 10:30am to 1:00pm. The class is for people with an ongoing health condition or caregivers of those with chronic diseases. Get the support you need, find practical ways to deal with pain and

fatigue, discover better nutrition and exercise choices, understand new treatment options, and learn better ways to talk with your doctor and family about your health. For more info call 201-568-3450 ext. 6508.

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Public Health
Prevent. Promote. Protect.

We're on the Web!
www.cityofenglewood.org/health

This local health department offers a comprehensive array of public health prevention, promotion, and protection services and programs serving 27,147 residents (census data of 2010) in the City of Englewood, New Jersey. The Department operates under the mandated, legal framework of the Public Health Practice Standards of Performance for Local Boards of Health in New Jersey (N.J.A.C 8:52) and the New Jersey State Sanitary Code (N.J.A.C 8:26). Under the governing authority of the Englewood Board of Health, its mission is to improve the quality of life for individuals and families in the City of Englewood through innovative policies, effective services, and strong community partnerships.

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What is food safety?

Food Safety is not the responsibility of one person. It takes the entire team, working together, to make sure food is served safely. Many things make up an operation's food safety culture, such as modeling behaviors, training and positive reinforcement. Together, these help to build a strong food safety culture in your operation.

Working in the food service industry is not easy. Managers, food handlers and coworkers have a responsibility to keep food safe. It is important to control the five most common risk factors that can cause a food borne illness:

Purchasing foods from unsafe sources (Never purchase foods cooked in private homes)

Failing to cook foods to the correct internal temperatures (Know safe cooking internal temperatures)

Holding foods at incorrect temperatures (Holding hot foods at 135°F or higher; holding cold foods at 41°F or below)

Using contaminated equipment (Wash, rinse, and sanitize equipment and utensils between uses)

Practicing poor personal hygiene (Remember how and when to wash your hands)

By avoiding these risk factors, you can provide a culture of food safety and a safe dining experience for your customers.

Source: National Restaurant Association (September 2017)

