

# Englewood Health Watch

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## Health Observances

- December – International AIDS Awareness Month; Safe Toys and Gifts Month
- January – Cervical Health Awareness Month; National Glaucoma Awareness Month
- February – American Heart Month; National Children's Dental Health Month



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## Rabid Kitten Exposes People in 3 Counties

More than a dozen people in 3 New Jersey counties may have been exposed to a kitten that tested positive for rabies at the NJ Dept of Health on Nov. 28. A stray was found and adopted in Edison on Nov. 12, and the owner received post-exposure prophylaxis beginning on Nov. 28 due to exposure to the kitten's saliva.

The owner brought the kitten to several locations in Mercer, Middlesex and Monmouth County from Nov. 13 through Nov. 17 when the exposures occurred. The kitten was taken to a Monmouth County veterinary facility for a wellness check on Nov.

16. At that time, the animal was not displaying signs of rabies.

On Nov. 23, the kitten began exhibiting signs of infection when it stopped eating and became fatigued. It developed weakness in its hind limbs the next day. The kitten was brought to a Monmouth County veterinary facility on Nov. 25 and was euthanized on Nov. 26. The local health departments involved are investigating to determine the number of individuals and animals who were possibly exposed to the kitten.

"Cats have accounted for 85 percent of the domes-

tic animal cases in New Jersey since 1989 because many roam free and are generally not vaccinated against rabies," State Public Health Veterinarian Dr. Colin Campbell said. "Over the past five years, there have been about 20 cats infected with rabies annually."

Individuals interested in adopting cats and dogs should visit a licensed animal shelter or pound. These facilities usually have a wide variety of animals available for adoption.

For Rabies FAQs, visit <http://www.nj.gov/health/cd/topics/rabies.shtm>

## February—National Children's Dental Health Month

Are you prepared for a dental emergency? Many take place every day. Would you know what to do if your child broke a tooth or had one knocked out while playing? What if you had a

bad toothache in the middle of the night? Knowing what to do can lessen the pain and save a tooth. Keep your dental office number and an emergency number where the dentist can be

reached after hours with other emergency numbers, such as your family doctor, and fire/police departments. Call the dentist immediately for instructions on how to handle an emergency.

# Acne

Although acne is a common skin disease that affects mainly teenagers, it may also be a challenge for many adults. As children approach puberty, many develop acne due to hormonal changes and increases in oily glands. For some, acne fades away as they grow older, but for others, the problem may linger into their 30s, 40s, and even 50s. Four mechanisms are described as aiding in its flaring up: an overproduction of oil gland, built up and inadequate exfoliation of dead skin, the presence and growth of skin bacteria that causes acne, and disorder of the hair follicles. Combined, these

cause clogging of skin pores; as a result, blackheads, whiteheads, pimples (zits), bumps, nodules, and cysts are formed which appear on the face, neck, shoulder, chest, and back and vary in colors, shapes, and sizes.



Blackheads



Whiteheads



Papules



Pustules



Nodules



Cysts

# Holiday Food Safety

## “Nice and Naughty List”

Here’s what you can do to prevent food borne bacteria from taking the cheer out of your holidays:

Be NICE	Don’t be NAUGHTY
Wash your hands before and after handling food.	Don’t let your hands contaminate food with bacteria.
Serve food on clean plates.	Never let juices from raw meat, poultry, and seafood come into contact with cooked food.
Replace serving plates often.	Avoid putting fresh food on serving plates that have been sitting out at room temperature.
Use a food thermometer and the Minimum Cooking Temperatures chart to make sure that food is cooked safely.	Don’t guess – you can’t tell for sure whether food is safe by looking at it. Use a food thermometer to be sure.
Keep hot foods hot (140°F or above) by using slow cookers, chafing dishes, or warming trays OR use small serving containers and replace them often.	Never let hot foods sit at room temperature for more than two hours.
Keep cold foods by nesting cold (40°F or below) in dishes, in bowls of ice OR use small serving trays and replace them often.	Never let cold foods sit at room temperature for more than two hours.
Store foods in shallow containers to refrigerate or freeze them.	Avoid storing foods in large containers that don’t promote rapid, even cooling of food.

Priscilla Lewis, REHS

Source: FoodSafety.gov

# January—Cervical Health Awareness Month

A woman's cervical health is very important. During the month of January, the National Cervical Cancer Coalition promotes the prevention of cervical cancer through vaccination and screenings.

Human Papillomavirus (HPV) is very common among sexually active individuals. There are over 100 different types of HPV, and many go away on their own. There are low-risk HPV that do not cause cervical cancer and high-risk HPV types which may cause cervical cell abnormalities or cancer. Unfortunately, HPV symp-

toms may develop months after exposure or diagnoses. There is no treatment for the virus, but there is a HPV vaccine that can help prevent infection and several options to treat diseases caused by HPV, such as genital warts.

A pap smear can find cell changes to the cervix caused by HPV. This test can help health care providers determine if a woman is at high risk for cervical cancer and detect the cancer during the early stages. According to the American Cancer Society, all women should begin cervical cancer screening at age 21. Women ages 21 to 29

should have a Pap test every 3 years. Beginning at age 30, the preferred way to screen is with a Pap test combined with an HPV test every 5 years. This is called co-testing and should continue until age 65.

For more information please visit: American Sexual Health Association- [www.ashasexualhealth.org](http://www.ashasexualhealth.org) National Cervical Cancer Coalition- [www.ncc-online.org](http://www.ncc-online.org)

*Lismary Espinal, Health Educator*

## Acne (cont'd)

There is no cure for acne, but observing an everyday regimen can help control it. Depending on the severity (mild, moderate, severe), it may require a variety of treatments. This may include topical ointments, topical wash, antibiotics, non antibiotics, hormonal therapy, contraception, phototherapy, lesion removal, or a combina-

tion of two or more therapies. A majority of people who struggle with acne agree that it can be painful, irritating, embarrassing, interferes with confidence, and brings on negative self-esteem. In addition to using any treatment, people with acne should be mindful about skin product use, surrounding environment and food

intake. In other words, know your acne triggers and avoid them as best as possible.

*Claudette Murdock, Public Health Nurse*

Source: <https://www.webmd.com/skin-problems-and-treatments/acne/acne#1>  
Photos from: Healthline.com

## You Say 'To-may-toes'

"You like to-may-toes / [tə'meɪtoʊz/](http://www.youtube.com/watch?v=Ug8v8v8v8v8) and I like to-mah-toes / [tə'mɑ:touz/](http://www.youtube.com/watch?v=Ug8v8v8v8v8)" is from the popular song "Let's Call the Whole Thing Off" written by George and Ira Gershwin in 1937.

We have our own version of the song in the health department when it comes to vaccines: Influenza, that's the flu shot. Rubella is the same thing as German measles, and we give this vaccine in combination with mumps and "regular" measles called the MMR (measles,

mumps and rubella) vaccine. Pertussis is whooping cough, and we give this in combination too. It's the TDaP (tetanus, diphtheria and pertussis) vaccine. The varicella vaccine prevents chickenpox. It would make things too easy to call it the chickenpox vaccine.

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**We're on the Web!**  
**[www.cityofenglewood.org/health](http://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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*Deborah L. Baldwin, CMR, Editor.*

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## 2018 Pet License Renewal / Rabies Clinic

License renewal notices will be mailed / emailed during the last week of December and are renewable in January. Resident pet owners who have not licensed their dogs or cats by the end of February will be assessed late fees beginning in March. No late fees will be waived as all fees are set by City ordinances.

Licenses cannot be renewed if the rabies vaccination status does not meet the New Jersey State Department of Health requirement – specifically, rabies vaccinations must be valid through the first ten months of the current license year. *A booster vaccine is required if it expires prior to November 1, 2018.*

Rabies Vaccination Waiver forms,

for medical exemptions, available on our web site or in the Health Department office, are valid for one year only. A new form must be signed and submitted by a veterinarian for the new license year if applicable.

### Free Rabies Vaccinations

Sat, February 24 -- 11 a.m. to 1 p.m.  
Vaccinations – Municipal Court  
Licensing – Health Dept.  
73-75 South Van Brunt Street

*Make-up date in the event of adverse weather – Sat, March 3 (same time)*

**OR BY APPOINTMENT**  
Twin Oaks Veterinary Hospital  
328 Teaneck Road, Teaneck  
(201) 530-5800

*If your pet's rabies vaccination expires **BEFORE NOVEMBER 1, 2018**—A booster vaccine is needed before license can be renewed*



Pre-registration for February rabies clinic will be available in mid to late January, which is recommended to save time (computerized rabies certificates issued). Watch for info on web page or Facebook.