

# Englewood Health Watch

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## **Health Observances**

- June – Fireworks Safety Month; Men's Health Month
- July – Eye Injury Prevention Month
- August – National Immunization Awareness Month

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## **Measles-Could its emergence be avoided?**

Fewer people are adhering to vaccination recommendations and have opted out of vaccination for themselves and/or children. As a result, measles has resurfaced and caused significant fear amongst the public at large. Recently, there have been outbreaks of measles in the United States, including New Jersey.

Measles outbreaks may be attributed to unvaccinated residents traveling to foreign countries, measles infected foreigners travelling to the United States, or people who were once immune but have lost their immunity to the disease – which now allow them

to be susceptible to the virus. Regardless of the circumstances, measles is a highly contagious respiratory virus that can remain alive after the infected person has left the area. It is transmitted from the nose and mouth by sneezing, coughing, and breathing. It is not easily controlled since many persons do not immediately know that they are infected until a rash appears.

Measles symptoms may appear about seven to 14 days after a person is infected and usually start with fever that may spike to a temperatures equal to 101 degrees Fahrenheit or

higher, cough, runny nose, and red or watery eyes. Two or three days after symptoms begin, tiny spots, known as Koplik Spots, may appear inside the mouth or rash on the face and hairline that spreads downward to the rest of the body. The fever subsides and rash fades after a few days. Infected persons can pass on the disease days before they become symptomatic and after symptoms subside. (cont'd )



Skin of a patient after 3 days of measles infection.

## **Drowning Prevention**

Swimming is one of the best ways to cool off during the summer months. Everyone wants to have fun and participate in refreshing water activities. Unfortunately, swimming can also be

dangerous. We want to prevent any accidents from happening, including the risk of drowning.

There are many things you can do to keep your

family safe and reduce the risk of drowning.

- Never let children swim alone.

- No diving in water less than 9 feet (cont'd )

# Englewood Hospital designated Stigma-Free

Englewood Hospital has been designated a stigma-free zone after demonstrating a dedicated effort to educating the community and offering resources to help combat discrimination and negative perceptions toward individuals with mental illness.

"With the number of cases of mental illness on the rise, it is imperative that patients feel safe and comfortable seeking care," explained Dr. Hillary Cohen, Vice President of Medical Affairs at

Englewood Hospital. "At Englewood Hospital, we have and will always treat those with mental illness in the same way we would treat anyone, with any condition – with compassion, diligence, and a patient-first approach. Being designated as a stigma-free zone is a wonderful recognition of those efforts, and a signal to the community that we're doing all that we can to help break-down barriers and provide a judgment-free space to seek care."



Physicians and staff from Englewood Hospital and the Englewood Department of Health during the designation of the hospital as a stigma-free zone. L to R: Phyllis Brown-Edwards, Deborah Baldwin (Department of Health), Lauren Menkes, Dr. Hillary Cohen, Dr. Stephen Bischoff, Dr. Steven Samuels, Jo-Ann Venezia, and Linda Leighton.

## Drowning Prevention (cont'd)

- Always swim with a buddy.
- Begin swimming lessons at an early age.
- Only swim when a lifeguard or designated water watcher is present.
- Be aware of swim areas and any high warning times.
- Keep young children within arm's reach.

- Parent or Guardian should have cardiopulmonary resuscitation (CPR) training.

According to the Centers for Disease Control and Prevention, children ages 1 to 4 have the highest drowning rates. Drowning can happen anywhere –pools, bathtubs and ponds. Never leave your child unattended around water.

If you have a pool at home, take safety precautions. Install a barrier (fence gates) with a self closing lock, pool covers, alarm and drains to protect children. Simple safety measures can reduce the risk of drowning among children and others.

*Lismary Espinal, Health Educator*  
Source: CDC

## Measles (cont'd)

Measles virus can stay alive for up to two hours in airspace; therefore, precautionary measures are actions that people should take if they know or suspect that they are infected with measles. If you were diagnosed with measles, refrain from leaving your house and avoid going to common areas. If

for any reason, you have to go to your healthcare provider and you know or suspect measles, notify the healthcare provider ahead of time of your symptoms or concerns. This will allow the healthcare provider to correctly instruct you on how to proceed to the medical facility and the necessary

steps they will take to reduce the possible spread of the disease.

*Claudette Murdock, Public Health Nurse*

Source: <https://www.cdc.gov/measles/about/signs-symptoms.html>  
[http://www.state.nj.us/health/cd/documents/topics/measles/measles\\_exposure\\_guidance\\_public.pdf](http://www.state.nj.us/health/cd/documents/topics/measles/measles_exposure_guidance_public.pdf)

# Animal Sighting Reports

This time of year, wild animal sightings are on the rise. Many animals indigenous to the area, including deer, coyote, fox and turkey, are giving birth to their young. At times, you may see them on their own while the parent is away feeding. Do not attempt to approach or touch the young animal as the parent may be nearby.

Recently there have been several sightings of bear in Teaneck and Tenafly. Though bear

are rare in this part of the state, they do show up from time to time. If a bear is sighted, contact Englewood Police Dept at (201) 568-3450. Do not try to approach a bear, as any wild animal can be unpredictable and dangerous.



You may be unwittingly inviting wildlife into your yard. Always make sure your garbage, pet food or compost pile does not become a feeding site. Secure your garbage, and limit the amount of pet food placed outdoors.

*Matthew Traudt  
Public Health Investigator*

## Safe Medicine Disposal

The Department of Health will provide education on methods of disposing of unused medication on June 29<sup>th</sup> at the Englewood Farmer's Market, Depot Square (off Demarest Avenue), from 11:00 a.m. until 1:00 p.m.

Learn about:

- Medicine take-back options

- Disposal in the household trash
- Flushing certain potentially dangerous medicine in the toilet

DETERRA® medicine disposal packs will be given to the first 50 persons to visit the Department's table.



## Hospital designated Stigma-Free (cont'd)

The designation of stigma-free will raise awareness of Englewood Hospital's mental health resources so no patient or community member need feel hopeless or alone. The elimination of stigma will enable people to ask for help when they need it so they can start on the road to recovery, have

hope for their future, and be spared avoidable tragedy.

The resolution was made during the City of Englewood's third annual town hall meeting organized by the Stigma-Free Task Force, on

Tuesday, May 1 at Englewood Hospital.

For information on how to declare your organization "Stigma-Free", contact Deborah Baldwin at (201) 568-3450 x.502

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*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.*

## Fireworks Safety Tips

The month of June, through July 4<sup>th</sup>, is Fireworks Safety Month. On June 28, 2017, Gov. Christie signed "New Jersey Sparkler Legislation" making it legal to buy and use non-aerial fireworks in the State. This includes hand-held sparklers, ground-based sparklers and novelty fireworks such as poppers and snappers only.

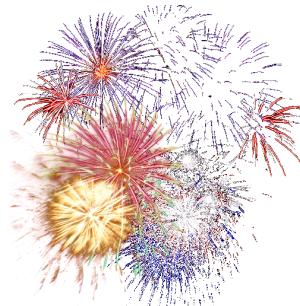
These tips may help ensure your safety:  
-The best way to enjoy fireworks is to visit public fireworks displays put on by professionals.  
-Never light fireworks indoors or

near dry grass.

- Always have a bucket of water and/or a fire extinguisher nearby.
- Know how to operate the fire extinguisher properly.
- Do not wear loose clothing while using fireworks.
- Stand several feet away from lit fireworks.
- If a device does not go off, do not stand over it to investigate it. Put it out with water and dispose of it.
- Always read the directions and warning labels on fireworks. If it is not marked with the contents, directions and a warning label, do not light it.

-Supervise children around fireworks at all times.

Source: Answers.USA.gov, tapinto.net



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