

Englewood Health Watch

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It's not too late to get your flu shot

Health Observances

- Dec – Safe Toys and Gifts Month
- Jan – Winter Sports TBI Awareness Month
- Feb – American Heart Month; Children's Dental Health Month

Flu season is here, and one route to prevention is to get vaccinated. The 2017-2018 flu activity peaked in mid-February and remained elevated into March. It was a severe season across all age groups, and there were high influenza-related hospitalization rates and emergency department visits according to the CDC.

your hands often with soap and water or an alcohol-based hand rub. Also, avoid touching your eyes, nose and mouth because these are points of entry for germs into your body.

For information on how to receive the flu shot, call the Public Health Nurse at 201-568-3450 ext. 511.

deadliest natural disasters in modern history. From death records kept at the Health Department, approximately 1.3% of Englewood's population died during the pandemic, most in October and November of 1918. To put it in perspective, the City of Englewood would be faced with about 390 residents succumbing to the illness if the same disease occurred today. Compare this to last year's flu season, which claimed 12 deaths related to influenza in Englewood.



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Home for the holidays?

Holidays come with visits from family and friends. However, there may be unwanted visitors that try to sneak into your attic, crawl space, shed or garage. This means wildlife. As

colder weather comes, animals look for a snug, dry place to live. A broken shed window, a crawl space, or openings in attic fans can welcome all types of animals. This could lead to

a potentially dangerous encounter with wildlife. Check your property to ensure it is secure. For more info, contact Matthew Traudt, Public Health Investigator: 201-568-3450 x.517.

World AIDS Day

World AIDS Day, recognized around the world on December 1st since 1988, brings awareness to the public about AIDS. Many people, organizations, and communities conduct educational events about the disease and precautionary measures an individual should take to prevent its spread. These may include distribution of pamphlets, condoms, pins and badges, walks, concerts, and motivational talks.

In recognition of World AIDS Day, the Englewood Health Department will hold an event for students of Dwight Morrow High School in Englewood on Thursday, December 13th. Vernon Thomas, HIV Outreach

Coordinator, from the Bergen County Department of Health, will conduct a presentation on HIV/AIDS.

Acquired Immune Deficiency Syndrome (AIDS) is caused by the Human Immunodeficiency Virus (HIV). In other words, to contract AIDS, an individual is first infected with the HIV. HIV is a viral infection that is transmitted through unprotected sexual intercourse, sharing of needles, blood, and breast milk. It destroys many human cells, making it impossible for the body to fight off infections and harmful diseases.

Once the AIDS stage is reached, the immune system is badly damaged, immunocompromised, and open to opportunistic infections. These infections result from organisms such as bacteria, fungi, viruses, and protozoa that affect AIDS victims because of the badly damaged immune systems.

(cont'd)



'Kneed'-to-Know Info on Orthopedic Health

from Dr. Asit Shah, Chief of Orthopedic Surgery at Englewood Health

Q: What suggestions would you make for keeping exercise safe?

A: A lot of people repeat the same workout, which can actually be harmful and cause further injury. You should change your exercise routine every three months or so, and remember not to overdo it.

Q: How can people prevent injury in the fall and winter months?

A: In fall and winter, people start to clean their gutters, tend their lawns, rake leaves, and shovel snow—activities that rely on the low back, quads, and shoulders. It's important to spend a lot more

time on core exercises, stretching out the quads, and strengthening the back to get those muscles activated again. And if you're an avid skier, remember that you have to get your body trained again before picking up a set of skis.

(cont'd)

January-National Winter Sports TBI Awareness Month

Winter sports are a great way to have fun and stay in shape, but they can be dangerous. In 2009, emergency departments in the U.S. treated 16,948 patients for head injuries sustained while skiing, sledding, snowboarding and snowmobiling, according to the American Association of Neu-

logical Surgeons.

Your risk for TBI depends largely on the winter sport you play. A 2015 study looked at the incidence of head and neck injuries in seven "extreme sports," which include the winter sports snowboarding, snow skiing, and snowmobiling and the summer sports

surfing, skateboarding, mountain biking and motocross. Snowboarding accounted for about 30% of all concussions incurred during extreme sports, and snow skiing accounted for about 25%.

(cont'd)

Winter Sports TBI Awareness (cont'd)

Tips to Prevent TBI while Playing Winter Sports

- Purchase a helmet that fits properly when you wear a hat or cap to keep your head warm.
- Always wear your helmet during practice and play.
- Replace your helmet after a serious fall or head impact, as many helmets can withstand only a single impact.
- Know your limitations and stay within them. If it is your first time on a ski slope, take lessons from an expert and follow their advice when you go out on your own.

Learn the fundamentals, start slowly, and be patient.

- Supervise children closely as they play winter sports on snow and ice.—Watch for blows to the head and signs of injury. Children under the age of 6 years should never ride on snowmobiles and ATVs; children under the age of 15 should not drive these vehicles.
- Familiarize yourself with your surroundings. Assess the trail, skating rink, or sledding hill before you head down them at full speed. Look for sharp turns, blind spots, and sudden knolls or drops.
- Avoid crowded areas to reduce your risk of injury. When skiing or

sledding, stay near the center of the trail to avoid obstacles.

Source: Radiology Affiliates Imaging



World AIDS Day (cont'd)

How can we prevent the spread of HIV? Practice safe sex – use a condom; both partners should get tested for HIV and share their results with each other. Abstinence. Avoid sharing needles. It is important to remember that HIV is different from other viruses. While the immune system can clear itself from other virus such

as the flu, it cannot clear itself from HIV. HIV is a life-long illness that can cause death.

Bergen County HIV/AIDS Statistics Cases Data as of December 31, 2017

- Englewood – 291 count
- Hackensack – 615 count
- Teaneck – 272 count

Sources: NJ Division of HIV/AIDS Services Epidemiologic Services Unit

<https://www.nj.gov/health/hivstdtb/>
<http://aids.gov/hiv-aids-basics/hiv-aids-101/what-is-hiv-aids/>

Claudette Murdock, Public Health Nurse

Orthopedic Health (cont'd)

Q: What are the best practices for healing an injury?

A: The general musculoskeletal injury takes about six to eight weeks to heal. The most important thing I can say is, work with a physical therapist to heal injuries. There's a com-

mon misconception that if you go to the gym on a regular basis, you won't benefit from PT. But many aren't exercising properly at the gym, which makes them hurt themselves more. Also, stretching some parts of the body, like the hip, knee, or shoulder, requires help. Physical therapists play a more important role in rehabilitation than most people realize.



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

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.

Health Department applies for the AFDO Grant

An AFDO Grant is...

The Association of Food and Drug Official (AFDO) provides funds for the completion of projects and training to enhance conformance with the Voluntary National Retail Food Regulatory Program Standards (Retail Program Standards). Approximately \$1.5 million in funding is available for the upcoming grant year.

If we win...

The Englewood Health Department (EHD) would like to implement a Food Safety Poster Project to help the retail food industry better understand

food safety. One of the biggest barriers that the health inspectors face during an inspection is language. The objective of the Registered Environmental Health Specialists is to create posters for the retail food establishments that include, hand hygiene, cooling procedure, ware washing, temperature control, employee health, and cross contamination prevention in the top five primary languages.

This will improve food safety because...

It will empower food handlers to make safe food handling de-

cisions by providing educational posters in their language. At the same time, it will strategically decrease out of compliance risk factor violations.

*Jennifer Galarza, Sr REHS
Health Inspector*



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