

# Englewood Health Watch

Volume 12, Issue 4

Jun / Jul / Aug 2019

## Health Observances

- Jun—Men's Health Month, Safety Month
- Aug—National Immunization Awareness Month, National Breastfeeding Month

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## Stop Mosquito Families! Eliminate Standing Water around Your Home



While there were no cases of West Nile virus – a mosquito-transmitted disease, reported in Englewood last summer, Bergen County experienced six confirmed cases with two fatalities.

Container-breeding mosquitoes are prevalent in Englewood. Any container that holds water can be a home for mosquito larvae, and after seven days, larvae will emerge as adult mosqui-

around your home:

### □ Buckets and flowerpots

**Problem:** Buckets and flowerpots are the most common mosquito habitats found at homes.

**Solution:** Drain excess flowerpot water and turn buckets over.

### □ Garbage cans and recycling bins

**Problem:** Garbage cans, recycling bins, and recycled containers can collect water.

**Solution:** Drill drainage holes in the bottoms of garbage cans and bins, keep them

covered, and dispose of recycling weekly.

### □ Tarps, plastic bags and sheets

**Problem:** Pockets form and collect water when tarps are not fitted tightly.

**Solution:** Keep tarps tight and refit them if water collects.

For a complete mosquito habitat checklist, visit the Bergen County Mosquito Control website at <https://www.co.bergen.nj.us/mosquito-control>

*Matt Traudt,  
Public Health Investigator*

## June—Men's Health Month

June is dedicated to enriching men's health and wellness.

**Eat Healthy.** Say no to super-sizing and yes to a healthy breakfast. Get all the vitamins and minerals you need and add at

least one fruit and vegetable to every meal.

**Get Moving.** Play with your kids or grandkids. Take the stairs instead of the elevator. Choose activities that you enjoy to stay motivated.

**Make Prevention a Priority.** Many health conditions can be prevented or detected early with regular checkups and screenings from your healthcare provider.  
[www.menshealthmonth.org](http://www.menshealthmonth.org)

# Legionnaires' Disease

Legionnaire's disease has been in the news recently due to the rise in reported outbreaks and deaths in surrounding counties and states. This potentially fatal disease is a form of pneumonia caused by Legionella bacteria. The infection spreads when an individual breathes in droplets of water that contain the bacteria. Water sources can be hot tubs, cooling systems/towers, fresh water environments, decorative fountains, or the plumbing of large buildings or structures. Large structures such as hotels, resorts; cruise ships, hospitals, and long-term care facilities that have complex water

systems are especially vulnerable.

There are several factors that may increase the risk of individual acquiring Legionnaires' disease such as age (50 years or older); having a history of smoking; underlying illnesses like diabetes, renal failure, hepatic failure, a weakened immune system; and chronic lung disease such as chronic obstructive pulmonary disorder or emphysema. Symptoms of Legionnaires' disease include coughs, shortness of breath, fever, muscles aches, and headaches. These symptoms may be similar symptoms for other illnesses, so it is

imperative to seek medical attention immediately. While it is rare for people to spread Legionnaires', be sure to contact the Englewood Health Department if you have been exposed.

*Source:*

<https://www.cdc.gov/legionella/clinicians/disease-specifics.html>

*Claudette Murdock, Public Health Nurse*

## Summer Safety

Memorial Day marks the unofficial beginning of summer, so it's finally here! We want you to enjoy it, but we also want to offer you safety tips from the [National Safety Council](#).

**Beat the Heat:** Anybody can be at risk for a [heat-related illness](#). Be sure to take extra breaks and drinking lots of water.

(<http://bit.ly/2QvWltL>)

**Bug Safety:** [Mosquitoes](#) can cause a number of illnesses, including Zika Virus and West Nile Virus. Learn how to protect yourself in the link.  
(<http://bit.ly/2Xd0J3l>)

**Playgrounds:** Emergency departments see more than 20,000

children under 14 for [playground-related](#) traumatic brain injury each year. (<http://bit.ly/2Wv15VM>)

**Water Safety:** Drowning caused 3,709 deaths in 2017. [The younger the child, the greater the risk](#).  
(<http://bit.ly/2W8Z6qS>)

(cont'd)

## From Englewood Health

In recognition of Mental Health Awareness Month, Englewood Health partnered with the Performing Arts School at BergenPAC to sponsor a free concert version of RENT. The May 17-19 shows were intended to raise awareness about the importance of reaching out for support when

struggling with a mental health issue and to highlight the services available in the community and at Englewood Health.

"The themes at play in RENT have always resonated with young people, and we believe these themes are even more relevant

today than during its initial run in the 90s," said Alexander Diaz, BergenPAC's creative director of arts education. "We chose RENT for Mental Health Awareness Month because, while RENT is very much about love, it's also about how to deal with disease and malfunction  
(cont'd)

## Summer Safety (cont'd)

**Fireworks:** With summer comes barbecues, parades, fireworks displays – and plenty of [visits to emergency rooms](http://bit.ly/2JHyBSZ), especially during July. (<http://bit.ly/2JHyBSZ>)

**Bicycles:** Bicyclists often [share the road](http://bit.ly/2VXARa3) with vehicles, but injuries can happen even on a bike path. (<http://bit.ly/2VXARa3>)

**Skateboarding:** In 2017, 98,486 people were treated in hospital ERs after being injured [skateboarding](http://bit.ly/2JLXxJ4). Everyone falls, but there's a right way to do it. (<http://bit.ly/2JLXxJ4>)

**Boating:** Most boating experiences are positive, but boaters must be [vigilant about safety](http://bit.ly/2wsY21K) – at all times. (<http://bit.ly/2wsY21K>)

**Pedestrian Safety:** Cell phone [distracted walking](http://bit.ly/2QvOgoH) is a huge problem. (<http://bit.ly/2QvOgoH>)



## From Englewood Health (cont'd)

at a young age. The show provides some answers as to how to do this, but most importantly, it provides the insight that you are never alone in what you're dealing with."

Half the cast was comprised of high school students and young adults from the Performing Arts School, and the other half came through open auditions. Elad Ness, a young actor from Brooklyn who landed the role of Mark Cohen, echoed Diaz's sentiments about *RENT*'s continued relevance today. "I think this show is really important for teens to watch because it sends out a message of, 'No one's ever alone.' People are going through the same things as you and you can always reach out to someone, in a way. All the characters in the show, a lot of times they feel like they

don't have anyone that they can talk to, but then they find support groups in their friends, and just because you are going through something doesn't mean you're the only one going through it."

Before each show, audiences heard directly from behavioral health experts at Englewood Health about addiction, mental health, treatment resources and how they could continue the work of de-stigmatizing this conversation in their everyday lives when they left.

Performances like *RENT* help to bring the struggles of the ordinary person into the public domain and they give a voice to people in our community that are marginalized: members of the LGBTQ community, those struggling with substance abuse and mental health issues," said David Drapkin, be-

havioral health program manager and addiction specialist at Englewood Health. "During a talk with the cast after the final performance, I talked about how we all carry these things with us. It's important for people to share their stories in order to detract from the stigma and overturn these beliefs that we're supposed to be successful, happy and popular all the time."

Englewood Health is committed to fighting the discrimination and stigma so often attached to mental health issues. "In the spirit of our beloved characters in *RENT*, we should all unabashedly reach out to our community for help during times of mental strife. No one feels ashamed about having the flu, just as no one should be made to feel ashamed of dealing with a mental health issue," adds Drapkin.

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**We're on the Web!**  
**[www.cityofenglewood.org](http://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.*

## **August is National Breastfeeding Month**

Breastfeeding is the best form of nutrition for infants and is recommended by most health-care professionals for the first six months of life. The number of breastfed infants has decreased over time despite the many benefits of breast milk which include vitamins, antibodies, and reducing the risk of illness for both baby and mom. Lack of support is why many women stop breastfeeding sooner than expected. Luckily, breastfeeding is now protected in all 50 states and employers are required to give employees a reasonable break to express breast milk for up to one year after giving birth.

In an effort to increase breastfeeding rates, the United States has begun educating expecting moms on its benefits. According to the Centers for Disease Control and Prevention, some of the many initiatives introduced to support breastfeeding mothers in the workplace include providing a place to pump and store breast milk, flexible work hours, and maternity leave benefits. Obstetricians and pediatricians are also encouraged to educate new moms about breastfeeding. Although a lot more needs to be done, the Centers for Disease Control and Prevention and Department of Labor are

off to a good start as they aim to increase breastfeeding rates.

Sources:

[www.cdc.gov/breastfeeding/about-breastfeeding](http://www.cdc.gov/breastfeeding/about-breastfeeding)

[www.dol.gov/whd/nursingmothers](http://www.dol.gov/whd/nursingmothers)

*Lismary Espinal, Health Educator*

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