



Englewood Health Watch

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IS IT THE FLU OR CORONAVIRUS?

While the number of coronavirus (COVID-19) cases in New Jersey had decreased during the summer, much like other states and countries, New Jersey is experiencing a surge in new cases. As a result, the need to exhibit caution and practice precautionary measures is absolutely vital to stop the spread of the virus. People have responded to the pandemic in a multitude of ways. It has instilled a tremendous amount of anxiety in people who have been personally affected by COVID-19, either by getting the virus, knowing someone who has been infected or even having a loved-one who has died as a result. Responses run the gamut from highly vigilant to those are taking precautions but experiencing “pandemic fatigue” to indifference to complete disbelief.

Influenza displays symptoms similar to coronavirus such as: cough, runny nose, congestion, fever, sore throat, muscle aches and pain. Since the symptoms are so similar, you may panic, become anxious, or scared and there is no way of knowing if you are infected with a virus unless you get tested. Therefore, it is strongly suggested that you get the influenza (flu) vaccination this year, especially if you have never gotten a flu shot before.

(cont.)

Health Observances

- **Dec** – World AIDS Day (12/1); National Handwashing Awareness Week (12/6–12)
- **Jan** – Glaucoma Awareness Month; Cervical Cancer Awareness Month; Thyroid Awareness Month; Cervical Health Awareness Month
- **Feb** – Heart Health Month; Healthy Relationships Month; Children's Dental Health Month; National Eating Disorder Awareness Week (2/22 – 2/26)

Helpful Steps to Stop the Spread of Viruses

- ◆ Routinely clean frequently touched surfaces and objects.
- ◆ Cover your nose and mouth with a tissue when you cough or sneeze.
- ◆ Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand rub.
- ◆ Avoid touching your eyes, nose and mouth because germs spread this way.
- ◆ **Practice social distancing** to limit exposure and prevent the spread of the virus. Try to keep **at least six feet** from people that are not in your household.
- ◆ **Stay home if you are sick** or experiencing any of the symptoms associated with COVID-19 or the flu.
- ◆ **Wear a mask.** A nonmedical disposable or cloth mask with 2-3 layers of breathable, tightly-woven fabric are recommended. **Do not** wear masks with valves or vents.



IS IT THE FLU OR CORONAVIRUS? (cont.)

You might hear people say, “*I got the flu shot and I got sick*” or it might have even happened to you personally. That statement *might* be true. **If you should experience any mild symptoms such as body aches and pain after receiving a flu vaccine, bear in mind that your body is adjusting to, and also has recognized that, a foreign particle has entered the body.**



As a result, you may become ill and experience mild symptoms that are similar to that of the flu virus. However, the long-term benefits outweigh the mild sickness.

One of the benefits of getting the flu shot

is that your body learns about the virus from being inoculated with the flu vaccine, and may develop an immune response if you are later exposed to the actual flu virus. Since you were already exposed to a weakened version of the flu virus, your body’s immune response would help you to fight off the flu virus if you were to become sick during the flu season. Keep in mind, there is a possibility that you can still get the flu, but your symptoms may be mild or not as severe compared to if you never got the flu vaccine. On the other hand, if you experienced more severe side effects after receiving the flu vaccine such as seizure, Guillain-Barre syndrome, or brain and other nervous system disorder, talk with your healthcare provider about those medical concerns before getting the flu vaccination.

This flu season, be sure to take the steps to protect yourself against both viruses – the flu virus and coronavirus. These include wearing a mask that covers your mouth and nose, social distancing, avoiding large gatherings, wearing a mask at indoor gatherings, washing your hands frequently, staying home if you are sick, and seeking medical attention if needed. Both the coronavirus and the flu can be deadly, so if you feel sick and have any of the symptoms discussed in this article, contact and visit your healthcare provider immediately.

Claudette Murdock, Public Health Nurse

Source: <https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>
<https://www.cdc.gov/flu/prevent/flushot.htm>



Fight the Flu

Health Department offers free drive-thru and walk-up flu clinics

Well before the scheduled start time, and before set up was even completed, early birds began queuing and curious passersby stopped in at the South Van Brunt Street municipal parking lot to get their flu shots. The Englewood Health Department held its first drive-thru flu clinics Thursday, September 24th and Saturday, September 26th. Over 500 people received their annual flu vaccine with the help of nurses from Walgreens and the Bergenfield Health Department.

Attendees were greeted by members from AWCA – the Asian Women’s Christian Association – with swag bags and City employees offering to assist people with completing the 2020 census while they waited. Vaccines were available for those with or without insurance, and an ice cream truck gave out free treats as extra incentive.

The interest in getting the flu vaccine has risen this year due to the COVID-19 pandemic. While it does not protect against COVID-19, it can help lower the risk of becoming ill or hospitalized because of the flu. The Department also offered several follow up events to allow more people to get their annual flu shot. A flu clinic for adults was held at Grieco Elementary School on October 19th as well as one for children 6 months to 18 years old on October 27th at the Health Department. The Department also co-sponsored a second drive-thru clinic with Englewood Hospital October 24th. For more information about how to receive a free flu vaccine, call the Englewood Health Department at 201-568-3450 ext. 511.



Walgreens Nurses & AWCA Volunteers

2021 Rabies Clinic

Pet license renewal notices will be mailed and emailed to registered owners during the first week of January 2021. Residents are asked to check their notice(s) carefully, especially any highlighted portions. Renewals are due by March 1st in order to avoid assessment of late fees. New pets should be registered/licensed at the age of 7 months OR when they have a full set of teeth.

Our 2021 Rabies Vaccination Clinic will be held on Saturday, February 27th, from 11:00 a.m. to 1:00 p.m. at the Englewood Health Department. In the event of inclement weather cancellation, the clinic will be Saturday, March 6th. There will be no on-site licensing at this time. Owners attending the rabies clinic in order to satisfy licensing requirements will need to submit their license fee, by mail or on-line, by March 15th to avoid late fees.

Time slots based on last name have been created in order to avoid long lines:

- 11:00 - Last Names A thru D**
- 11:30 - Last Names E thru H**
- 12:00 - Last Names I thru N**
- 12:30 - Last Names O thru Z**

For more about the rabies clinic and how to license your pet online, visit:

[Pet Licensing & Rabies Information](#)

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 [Ready.gov](https://www.ready.gov) or your local Office of Emergency Management (OEM) for tips and resources.

*Does your city 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?

*Did you know Englewood has an emergency alert system? Text your zip code to 888777 for mobile alerts or register at [Local.NIXLE.com](https://www.localnixle.com)

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

*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?

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

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

When is My the Food Safe to Eat

Food Product Date – Label Phrases

What is Food Product Dating?

Two types of product dating may be shown on a product label.

"Open Dating" is a calendar date applied to a food product by the manufacturer or retailer. The calendar date provides consumers with information on the estimated period of time for which the product will be of best quality and

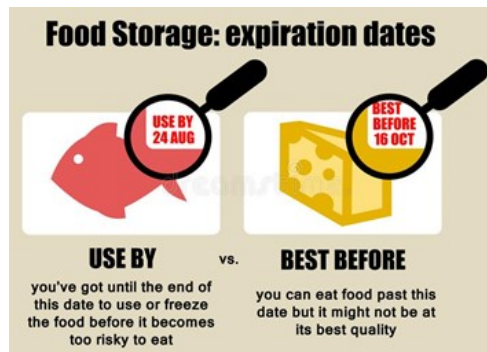
to help the store determine how long to display the product for sale.

"Closed Dating" is a code that consists of a series of letters and/or numbers applied by manufacturers to identify the date and time of production.

JELLYFISH IN ARMOUR



Are Dates for Food Safety or Food Quality? Manufacturers provide dating to help consumers and retailers decide when food is of best quality.



What Date-Labeling Phrases are Used?

There are a wide variety of phrases used on labels to describe quality dates.

Examples of commonly used phrases include:

- A "Best if Used By/Before" date indicates when a product will be of best flavor or quality. It is not a purchase or safety date.
- A "Sell-By" date tells the store how long to display the product for sale for inventory management. It is not a safety date.
- A "Use-By" date is the last date recommended for the use of the product while at peak quality. It is not a safety date except when used on infant formula as described below.
- A "Freeze-By" date indicates when a product should be frozen to maintain peak quality. It is not a purchase or safety date.

What Date-Labeling Phrase does FSIS Recommend? FSIS recommends that food manufacturers and retailers that apply product dating use a "Best if Used By" date. Research shows that this phrase conveys to consumers that the product will be of best quality if used by the calendar date shown. Foods not exhibiting signs of spoilage should be wholesome and may be sold, purchased, donated and consumed beyond the labeled "Best if Used By" date.

Contd.

Are Foods Safe to Eat After the Date Passes? With an exception of infant formula, if the date passes during home storage, a product should still be safe and wholesome if handled properly until the time spoilage is evident (Chill, & Refrigerate Promptly). Spoiled foods will develop an off odor, flavor or texture due to naturally occurring spoilage bacteria. If a food has developed such spoilage characteristics, it should not be eaten.

Food Safety Questions? Call the USDA Meat & Poultry Hotline toll-free at 1-888-MPHotline (1-888-674-6854)

Source: <https://www.fsis.usda.gov>

National Handwashing Awareness Week Dec. 6-12



The Centers for Disease Control & Prevention (CDC) has launched *Life is Better with Clean Hands*, a national campaign encouraging adults to make clean hands a healthy habit at home and away.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu. It is also one of the 3 most effective strategies for

preventing the spread of the COVID-19 virus (SARS-COV-2).

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap (backs of your hands, between your fingers, and under your nails).
3. **Scrub** your hands for at least 20 seconds.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

If soap and water aren't available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

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