



The Flu: Protect Yourself & Others

With the arrival of colder weather, the flu season will be upon us.

The flu is caused by a virus. People often get the flu after contact with nasal and respiratory secretions from infected persons. This usually occurs when the infected person sneezes or coughs.

Vaccination against influenza is often available and is especially recommended for the elderly, young children, pregnant women, the immunocompromised, and people with certain chronic medical conditions.

So what can you do to protect yourself and others from the flu? Protection against the flu is actually quite simple. Besides vaccination, the following easy tips will help protect you from the flu and many

other respiratory infections such as colds:

- Cover your mouth when you cough.
- Cover your mouth when you sneeze.
- Avoid close contact with people who are sick.
- Try not to touch your eyes, nose, or mouth with unclean hands.
- Wash your hands. Hand washing is actually one of the best ways to prevent the spread of the flu and numerous diseases.

When to wash your hands:

- After using the bathroom.
- Before eating and handling food.

- Arriving from work or school.
- After sneezing or coughing.
- After touching pets.
- After handling garbage or other wastes.

How to wash your hands:

1. Wet your hands with warm running water.
2. Lather with soap and scrub between fingers, on the backs of your hands, under nails, and wrists. Wash for at least 20 seconds.
3. Rinse well.
4. Dry hands with paper towel.
5. Use paper towel to turn off water and to open bathroom door.

Breast Cancer: Basics, Prevention, Risk Reduction

Breast cancer is a cancerous growth of cells that begins in the tissue of the breast.

Risk Factors

Everyone is at risk of getting breast cancer. The following are some factors that increase your risk:

- Being a woman. About

1% of breast cancers occur in men. The remaining cases occur in women.

- Being older than 40, and especially older than 50.
- Never giving birth or giving birth after age 30.
- Having your first men-

strual period before 12 years of age or one which ends after age 55.

- Having an immediate family member (mother/sister) who had breast cancer.
- Having a personal history of breast cancer.

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Special Points of Interest

- October is National Breast Cancer Awareness Month
- Childhood Lead Poisoning Awareness Week is October 22—28, 2006
- December 1, 2006 is World AIDS Day

BREAST CANCER

Basics, Prevention, Risk Reduction *(Continued from Page 1)*

Symptoms

Breast cancer at an early stage does not usually cause pain. Oftentimes, there are no symptoms early on as the disease progresses. When symptoms do occur, they may include:

- A breast lump or a lump in the under-arm area
- Swelling or breast pain
- Nipple discharge
- A change in breast size or shape
- Dimpled, puckered, scaly or inflamed breast or nipples
- Redness of the skin on the breasts or nipples
- Inverted nipples

If you develop any of these symptoms, it

is very important that you visit your doctor immediately. Seeking medical attention may save your life.

Steps Which Aid in Early Detection

Early detection is key to protecting yourself from cancer.

The following guidelines are recommended by the American Cancer Society for early detection of breast cancer.

- Age 40 & over - Mammogram and Clinical Breast Exam (CBE) yearly
- Age 20s & 30s - Clinical Breast Exam (CBE) which is performed by a medical professional at least every 3 years
- Starting at Age 20 - a monthly Breast Self Exam (BSE) is recommended.



Mammography is an x-ray used to detect abnormal changes in the breast. It is especially useful in detecting early changes in the breast when it might be hard to feel a lump.



SPECIAL REPORT!

Inflammatory Breast Cancer- An Aggressive Type of Breast Cancer

Inflammatory Breast Cancer (IBC) is known as the most aggressive type of breast cancer and often spreads more rapidly than other types of breast cancer.

Unlike other breast cancers, IBC grows in nests and often does not produce lumps or tumors. In addition, IBC is often not detected by mammograms or ultrasounds. A biopsy is often needed for diagnosis.

Symptoms of IBC may include:

- Rapid increase of breast size
- Breast warm to touch
- Redness or pinkness in breast color
- Pain and/or itching of the breast
- Dimpling of the skin (similar in appearance to an orange peel)
- Lymph nodes are enlarged under the arm and above or below the collarbone

- Swollen crusted skin on the nipple
- Change in color in the nipple skin

If you have any of these symptoms, it is very important that you visit your doctor immediately.

To get your free cancer screening, call:

PBI Regional Medical Center at

973-365-4300 Ext. 6019

(All screening cost are free for eligible patients)

Protecting Your Child From Lead Poisoning

Childhood lead poisoning is caused by swallowing or inhaling lead, a highly toxic yet naturally occurring heavy metal. Children 6 years and under are at higher risk because their bodies are developing and absorb lead very easily. Young children are also at great risk because they tend to put everything into their mouths.

Lead effects may not be obvious at low levels, but can cause serious damage to

the nervous system (as well as the brain), interfere with growth, lead to hearing impairment, result in lower IQ scores, and cause behavioral problems. At higher levels, lead may cause coma, convulsions or even death.



Even small amounts of lead can cause severe and lasting harm to



Sources of Lead

Lead-based paint is the main source of lead poisoning in children. Other sources containing lead-based compounds are: lead contaminated soil, lead glazed ceramics, toys with lead paint enamels, and traditional folk remedies such as azarcón and greta. Recently lead was also discovered in various

Protecting Your Child From Lead Poisoning *(Continued From Page 2)*

Prevention of Lead Poisoning

The following are simple steps you can do to protect your children from lead poisoning:

- Keep your child away from peeling or chipping paint.
- Keep your children away from places undergoing paint removal or renovations. Return only when the place has been safely cleaned.
- Wash your child's hands and face before meals and snacks, before naps and bedtime, and after playing outdoors. When washing hands, use soap and warm water. Rub hands vigorously for at least 20 seconds. Make sure the hands are thoroughly rinsed and use a

clean towel for drying.

- Regularly feed your child food high in iron and calcium (lean meats, fortified cereals, eggs, milk, dark green vegetables, and cheese).
- Wash your child's toys and pacifiers at least once a day or more often if they become soiled.
- Wet wipe window wells and sills at least once per week with warm water and household detergent.
- Run water from the tap at least 1 minute prior to using it for drinking, cooking, preparing infant formula, juice, or instant cereal.

Testing Your Child for Lead

Since lead poisoning in a child may result in little or no signs and symptoms, it is recommended that children 24 months through 6 years of age be tested for lead. Testing is performed through a simple blood test. Speak to your child's physician to request a lead blood test.

The Passaic Health Division also provides free lead screening to children 24 months to 6 years of age who are uninsured or lack adequate insurance coverage. Screening clinics are provided routinely throughout the month.

To receive a free lead screening, please call 973-365-5605.



World AIDS Day– December 1, 2006 AIDS: A Global Health Threat

Worlds AIDS Day is a day of global action against the spread of HIV/AIDS. It is observed annually on December 1.

AIDS (Acquired Immune Deficiency Syndrome) is a disease caused by HIV (human immunodeficiency virus). HIV destroys a person's immune system which protects the body from infection. As the immune system fails, the person becomes very sick and death can result.

You cannot look at a person and determine if he/she is infected. Any person can be infected with HIV.

The best way to avoid infection is sexual abstinence or to be in a long-term, mutually monogamous relationship with someone who has tested negative for HIV. HIV infection can also be prevented by:

- Avoiding sex with a person who is infected with HIV
- Properly and consistently using latex condoms. Please note that condoms are not 100 % effective and do not guarantee absolute protection against HIV
- Not sharing needles or syringes

- Not sharing toothbrushes and razors

HIV is transmitted through bodily fluids such as blood, semen, and vaginal fluids.

HIV is not transmitted through casual contact such as: touching and shaking hands, hugging, swimming in public pools, donating blood, using public toilets and restrooms, sharing telephones, touching doorknobs, and drinking from a water fountain. HIV is also not transmitted through food and insect bites.

HIV Facts!

- Today it is estimated that 850,000 - 950,000 HIV positive individuals living in the U.S. Out of that, 180,000 - 280,000 people do not know they are infected.
- 41% of the estimated total AIDS diagnoses are among Whites, 39% among Blacks, 18% among Hispanics, and less than 1% are among Asian/Pacific Islanders and Ameri-

A person might have HIV and still feel perfectly healthy. It takes an average of 8 years for symptoms to develop after a person is infected. So even people who don't look or feel sick can give you AIDS.

can Indian/Alaskan Natives.

FREE AND CONFIDENTIAL HIV TESTING

Where: Passaic Alliance

286 Passaic St., Passaic, NJ

973-365-5740

When: Every Wednesday of the Month

9:00AM - 2:00PM

NO APPOINTMENT NECESSARY

Rapid Testing– Results in 20 Minutes!

The only way to know for sure if you are infected with HIV is to get tested.

Free Flu Vaccination Clinic For Passaic Residents

The City of Passaic Division of Health will be providing free influenza immunizations to **CITY RESIDENTS ONLY** who meet one or more of the following criteria:

- Adults aged 65 years and older
- Persons aged 9 - 64 years with underlying and specific chronic medical conditions (requires a physician's note certifying the medical condition)
- Pregnant Women (requires a physician's note)

DATE: Tuesday, October 31, 2006
TIME: 9:00 AM to 11:30 AM
LOCATION: Passaic City Hall – City Council Chambers
 330 Passaic Street, Passaic, NJ 07055



In order to receive an immunization, you must bring the following documents:

- Valid proof of residence in the City of Passaic;
- Proof of Age (if over 65); or
- An original note from a licensed physician certifying the underlying the medical condition if under 65.

**ALTHOUGH NO APPOINTMENT IS REQUIRED,
 VACCINES ARE LIMITED AND WILL BE PROVIDED ON A FIRST-COME FIRST-SERVED BASIS.
 FOR MORE INFORMATION, PLEASE CALL THE PASSAIC HEALTH DIVISION AT 973-365-5605**

Free Health Screenings & Programs

Blood Pressure Screenings	Breast, Cervical, Colorectal Cancer Screenings for Women	Prostate and Colorectal Cancer Screenings for Men
<p>Date: November 5, 2006 December 4, 2006</p> <p>Time: 9:30AM - 11:00AM</p> <p>Place: Senior Center 330 Passaic St. Passaic, NJ 07055</p> <p>For more info call the Passaic Health Division: 973-365-5605</p> <p><u>For City of Passaic Residents Only</u></p>	<p>Provided by:</p> <p>PBI Regional Medical Center 350 Boulevard Passaic, NJ 07055</p> <p>For more info and to schedule your screening call:</p> <p>973-365-4300 Ext. 6019</p> <p>All screening costs are free for eligible patients without insurance.</p>	<p>Provided by:</p> <p>PBI Regional Medical Center 350 Boulevard Passaic, NJ 07055</p> <p>For more info and to schedule your screening call:</p> <p>973-365-4300 Ext. 6019</p> <p>All screening costs are free for eligible patients without insurance.</p>



Domestic Violence and Parenting Support Group

Date: Every Thursday of the Month
 Time: 6:00PM - 7:00PM
 Place: Passaic Senior Center
 330 Passaic St.
 Passaic, NJ 07055

Call the Passaic Alliance at
 973-365-5740 for more information.

Adopt a Cat or Dog at the City of Passaic Animal Shelter

Ever consider adopting a cat or a dog? Why not visit the City of Passaic Animal Shelter?

Whether you want a kitten, a puppy, a cat, or a dog, the City Animal Shelter has a variety of animals who need a loving home.

Despite local shelters having many adoptable animals, most people visit pet stores or animal breeders when looking for a pet. For a small fee you may be able to find the perfect pet at the City Animal Shelter.

Visit the City of Passaic Animal Shelter and consider adopting a pet today!

City of Passaic Animal Shelter
13 Benson Court
(Corner of Main & Brook Avenues)
Passaic, NJ 07055
(973) 365-5669

PUBLIC ADOPTION HOURS

Weekdays: Monday to Friday
 8:30AM - 9:30AM

3:00PM - 4:00PM

Evening Hours: Monday and Friday
 6:00PM - 8:00PM

Weekend Hours: Saturday
12:00PM - 2:00PM

Closed on legal holidays.

5 Advantages of Owning a Pet

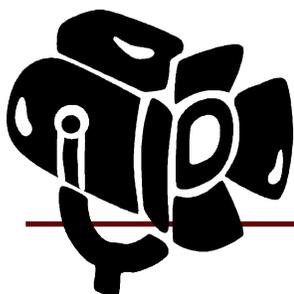
Unconditional Love

Companionship/Best Friend

Entertainment

Laughter

Protection



Spotlight on City of Passaic Animal Control

Each year the City of Passaic Animal Shelter's staff responds to hundreds of calls from City residents. Whether it is an animal control emergency or a simple issue involving wild-



life, the Shelter's staff is always here to help you.

Services Provided by Passaic Animal Control include:

- Rabies Vaccination Clinics
- Low Cost Spaying/Neutering
- Rabies Quarantines
- Injured Animal Rescues

- Reunification of Lost Pets with Owners
- Educational Programs for Adults and Children
- Assisting Residents with Wildlife Problems



Licensing of Cats & Dogs

Did you know that:

- owning a cat or a dog in the City of Passaic requires a cat or dog license?
- licensing your pet has many benefits including rabies control and identification of your pet by the City's Animal Control Officer in the event it runs away from home?
- licensing is easy to do?

To license your pet visit:

Passaic City Clerk's Office
City Hall- First Floor
330 Passaic Street
Passaic, NJ 07055
(973) 365-5584

Office Hours: 8:30 AM - 4:00 PM

Please note that in order to receive a license, you must present a rabies certificate. If you need help obtaining a rabies vaccination for your pet, please contact the City of Passaic Animal Shelter at (973) 365-5669.

LICENSE FEES

Cat or Dog (Spayed/Neutered) \$6.20

Cat or Dog (Not Spayed/Neutered) \$9.20



The mission of the Passaic Health Division is to deliver equitable and comprehensive superior public health services that ensure the protection, promotion, and enhancement of the health, wellness, and general welfare of the people of Passaic.

A QUARTERLY NEWSLETTER OF
THE CITY OF PASSAIC DIVISION OF HEALTH

**City of Passaic
Division of Health**

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The Focus is sponsored by Mayor Samuel "Sammy" Rivera, City of Passaic, & the Passaic City Division of Health

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Tobacco Age of Sale Enforcement Year 2006-2007

The Passaic Division of Health routinely performs undercover enforcement efforts to prevent the sale of tobacco to minors in the City of Passaic. The following establishments **did not** sell tobacco products to minors during the Health Division's enforcement efforts. Congratulations and thank you for protecting our youth from the harmful effects of tobacco!



Aldy Mini Market
Amigo Deli & Convenience
Chevere Grocery
China House
CVS Pharmacy #2724
Dixy Fried Chicken, Inc.
Dona Chely Grocery Store
Eagle Liquors
El Colmado Supermarket, Inc.
Evelyn Grocery
Fast Stop Deli & Grocery
Gleny Very Grocery
Hindy Mini Market

Home Liquors #593
International Mini Market
Jean Sweet Shop
Johnny's Liquor
JSK Food Market, Corp.
Lizbeth's Grocery

Los Cunados Mini Market
Los Dos Gallos Giros, Corp.
Magic 99
Malbri Liquor
Marina Stationers, Inc.
MJ Grocery, Inc.
Monroe Fried Chicken
Monroe Wines & Liquors
New Hop Shing Kitchen
Oh Main Deli Grocery
Oriental Garden Passaic, Inc.
Passaic Community Pharmacy
Passaic News

Quick Check
Raul's Groceries
Rite Aid # 3493
RJ Superette, Inc.
Rush Stop Grocery
S & S Liquors
Sabi Liquors
San Lazaro
Walgreens #05332
Xpress Gas