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Summer 2008

A QUARTERLY NEWSLETTER OF THE CITY OF PASSAIC DIVISION OF HEALTH

THE FOCUS

Guard Against Lyme Disease

Lyme disease is caused by a bacterium called *Borrelia burdoferi.* The bacterium is found in squirrels, mice, other small animals, and deer. Lyme disease spreads from these animals to people through the bite of infected ticks. Typically, ticks become infected after biting these animals for a blood meal and then spread the disease to humans. The blacklegged or deer tick has been identified as causing Lyme disease.

Blacklegged Tick

SIGNS AND SYMPTOMS OF INFECTION

The first sign of infection is the presence of a rash that has a bull's eye appearance. The rash is called *erythema migrans* or EM. Nearly 80% of people will develop this rash within 3 to 30 days at the site of the tick bite. Often the rash feels warm and commonly expands up to 12 inches across over a period of days. An infected person may also experience symptoms of fatigue, chills, fever, headache, muscle/ joint aches, and swollen lymph nodes. In some instances these symptoms may be the only indication of infection.

Several months after being infected, the person may experience arthritis that includes severe pain and swelling of the joints. The joints that are most often affected are the large joints; for example, the knees. In many people the infection progresses to include numbing or tingling in the hands and feet, shooting muscular pain, and problems concentrating.

If left untreated, the infection can spread and cause other symptoms. One symptom that is often seen is the loss of muscle tone on one or both sides of the face (called facial or Bell's palsy). The infected person may also develop meningitis, difficulty sleeping, heart problems, and dizziness.

Infected people cannot spread Lyme disease to other people.

DIAGNOSIS AND TREATMENT

Lyme disease is diagnosed through identification of symptoms (i.e. the presence of a rash and presence of other symptoms of infection). A blood test is also used to diagnose infection.

Antibiotics are effective in curing Lyme disease especially if taken early during infection. In some people, symptoms such as joint pain, arthritis, difficulty concentrating, memory loss, sleep disturbance, and fatigue may persist despite use of antibiotics. It is not fully known why symptoms persist, but it is believed that it may be caused by the body's immune system trying to stop the infection after it has been cleared.

PREVENTING LYME DISEASE

The best way to prevent Lyme Disease is to avoid tick bites. Below are some simple prevention strategies:

- avoid wooded areas with dense shrubs and

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Special points of interest:

- *July is National Immunization Awareness Month*
- *September is Healthy Aging Month*
- *September 21 is World Alzheimer's Day*

Guard Against Lyme Disease *(Continued from Page 1)*

leaf litter, where ticks like to hide;

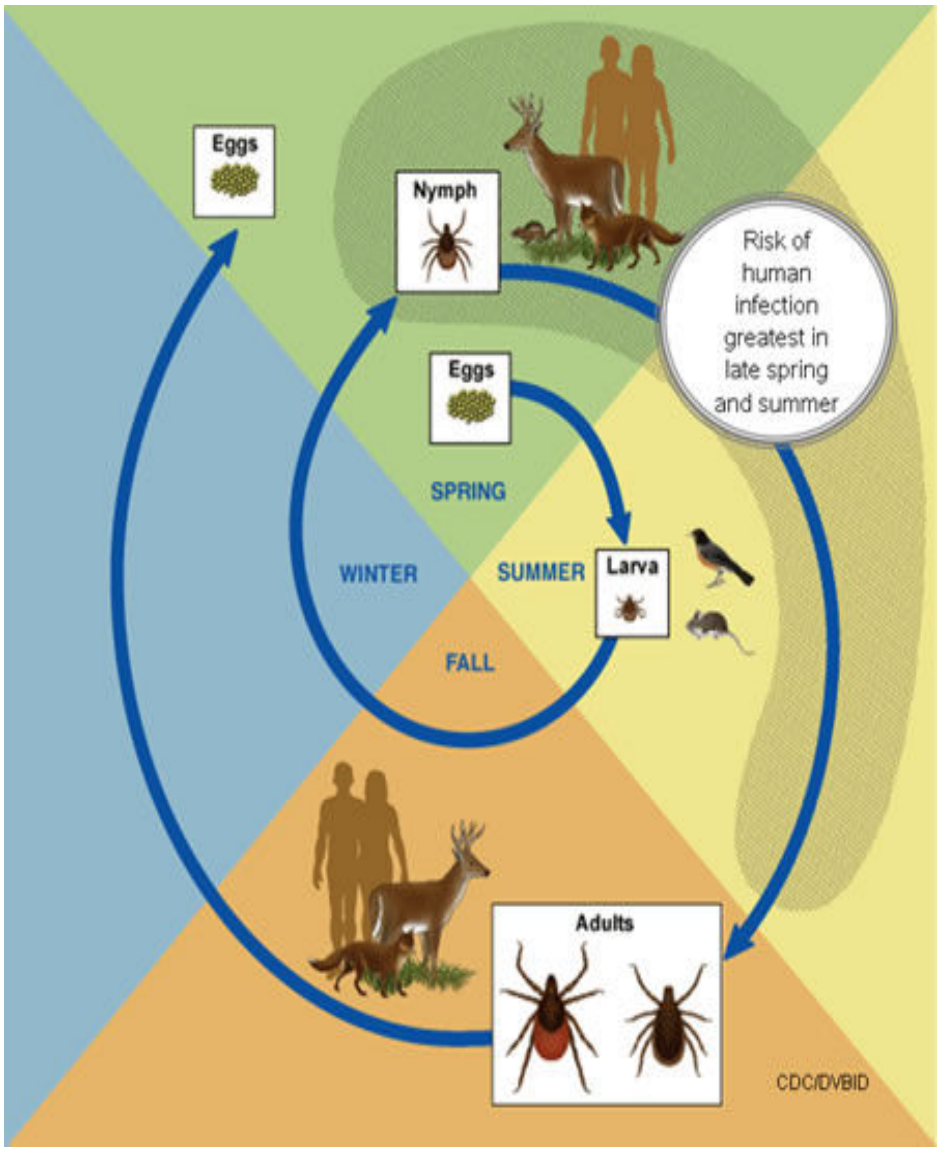
- make your yard less attractive to ticks by mowing lawns and pruning trees;
- wear solid, light colored clothing with pants tucked into socks (this will help prevent a tick from attaching to your skin and will also make sighting a tick on clothing easier); and
- use insect repellents on yourself and your pets. Examine yourself frequently for ticks while in tick-infested areas.

Two types of repellents that are effective for ticks are those containing DEET for use on clothes and exposed skin and permethrin for use on clothes only. Make sure to read the directions before using any repellent.

- Perform a full-body exam on yourself, children, and pets after leaving tick habitat.

HOW TO REMOVE TICKS

- Use fine-pointed tweezers.
- Grasp the tick's mouth parts close to the skin.
- Apply steady outward pressure.
- Do not use petroleum jelly, noxious, chemicals, or hot objects to remove ticks. Improper removal can increase the changes of infection.



The Facts on Food Products Dates

Ever wonder what the difference is between "sell by" and other dates on food products? Below is information on what these dates mean.

"Best If Used By" Date - is a calendar date on the packaging of a food product. It represents the recommended time limit a food should be used within for best flavor or quality. It is not a purchase or safety date.

Expiration Date - is a calendar date on the packaging of a food that indicates the date a food should be eaten or used.

"Use By" Date - - is the last date a consumer is recommended to use a product while it is at peak quality. This date is recommended for best flavor or quality. It is not a "sell by" or food safety date.

"Sell By" Date - is a calendar date on the packaging of a food product that indicates the last day the product can be sold. The "sell by" date tells the retailer how long to display a product. It guides the rotation of shelf stock and allows time for the product to be stored and used at home. The date is quality driven, not a food safety concern.

Be Cool...
Summer Weather & The Risk of Heat-Related Health Complications

As days get hotter and hotter, it is important to protect yourself from heat complications. The hot weather can cause serious health issues especially in the elderly, young children, persons with preexisting medical conditions, and persons who take certain medications.

To avoid health complications from excessive heat:

- drink plenty of water or other non-alcoholic beverages;
- make sure children and the elderly are drinking water, and ensure that persons with mobility problems have adequate fluids in easy reach;
- if you do not have air conditioning, spend time in air-conditioned places such as libraries, movies, malls or other public buildings during the hottest hours of the day;
- reduce physical activity or reschedule it for cooler times of the day;
- do not leave children, a frail elderly or disabled person, or pets in an enclosed car - not even for a minute - as temperature can quickly climb to dangerous levels; and
- talk to your health care provider about any medicine or drugs you are taking. Certain medications - such as tranquilizers and drugs that are used to treat Parkinson's disease - can increase the risk of heat-related illness.

People suffering from heatstroke can go from appearing normal to extremely ill in a matter of minutes. Victims may have hot, dry skin, a high body temperature of 106 degrees or more, and a rapid strong pulse. Victims may become delirious or unconscious. Persons suffering from heatstroke need immediate medical attention.

Heat exhaustion is a milder illness that may take several days of high temperatures to develop. Victims may have pale, clammy skin and sweat profusely. They may feel tired, weak or dizzy and have headaches or sometimes cramps, but their body temperature will remain close to normal.

Remember, keep it be cool during the hot summer months!

Medications, which increase the risk of developing heat related illness include ,but are not limited to:

- Tricyclic antidepressants (amitriptyline - Elavil, imipramine - Tofranil, etc.)
- Antihistamines (diphenhydramine - Benadryl, chlorpheniramine - Chlor - Trimeton)
- Diuretics (furosemide - Lasix, hydrochlorthiazide, Diuril)
- Antipsychotics (haloperidol - Haldol)

FREE Health Screenings and Programs

Blood Pressure Screening

Dates: *EVERY FIRST MONDAY OF THE MONTH*
Monday, July 7, 2008
Monday, August 4, 2008
Monday, September 8, 2008

Time: 10:00AM - 11:00AM

Place: Passaic Senior Center
(Rear of City Hall)
330 Passaic St., Passaic, NJ

For more info: 973-365-5605

Lead Screening

Children between 6 months - 6 years of age only

Date: Every Wednesday

Time: 9:00AM - 11:30AM

Place: City of Passaic
Health Division Clinic
68-72 Third St., Passaic, NJ

For more info: 973-365-5681

Infant & Pediatric Health Services

Date/Time: Every Wednesday
1:00PM - 3:00PM
Every Friday
8:30AM - 12:00PM
1:00PM - 4:00PM

Place: City of Passaic
Health Division Clinic
68-72 Third St., Passaic, NJ

For more info, call: 973-365-5681

The Masked and Ring Tailed Bandit: All about Raccoons

The arrival of warmer weather brings with it a variety of wild animals native to our State. Opossums, ground hogs, and raccoons make Passaic their home. The Health Division's Animal Control Program receives numerous wildlife complaints from residents during the spring and summer months particularly about raccoons.

The word raccoon comes from the Algonquin word *arakun* which means "he scratches with his hands." Raccoons are one of a very few species of wild animals that have benefited greatly from humans. They have adapted rather well to human encroachment of their natural habitat and are very common in urban environments.

Raccoons are carnivores (eat meat), but are better described as omnivorous (eat both plant and animal matter). In their search for food, raccoons commonly raid vegetable and flower gardens, rummage through household trash kept outdoors, devour pet food kept outdoors, and get into bird feeders. Raccoons also can get into chimneys, porches, attics, and under outdoor buildings/sheds since these can provide a perfect home. These activities result in great deal of angst among city residents. However, living harmoniously with our wildlife neighbors is very simple.

Here are some simple tips:

1. **Don't feed raccoons**. Raccoons that are fed by people often lose their fear of humans and may become aggressive when not fed as expected.
2. **Secure your garbage can**. Use garbage containers with tight-fitting lids to prevent access by raccoons to your garbage. Put garbage cans out for pickup in the morning rather than the night before, after raccoons have returned to their resting areas.
3. **Don't feed your pets outdoors**. If you have to feed your cats and dogs outside, do so in late morning or in the middle of the day. Pick up food, water bowls, leftovers, and spilled food before dark every day. It's required by the City Code.
4. **Don't leave pets outdoors at night**. Raccoons may attack if cornered. Bite or wounds from raccoons can result in fractures and disease transmission.
5. **Clean barbeque grills thoroughly after each use**.
6. **Eliminate access to denning sites**. Raccoons commonly use chimneys, attics, and spaces under decks and porches as denning sites. Never smoke any animal out of a chimney. In most chimneys, an adult raccoon can climb in or out at will, but young animals, squirrels, opossums, and some birds may not be able to leave on their own. After the animal has left, prevent further problems by installing an approved chimney cap. Get help from a professional if the animal fails to leave. If a raccoon is loose and running inside your home, call the City of Passaic Animal Control Program at (973) 365-5669. For animal control emergencies after 4 pm or on weekends, call the Passaic Police at (973) 365-3900.

RACCOON FACTS:

- Raccoons' varied vocal repertoire includes purrs, whimpers, snarls, growls, hisses, screams, and whines.
- Raccoons walk flat-footed, like elephants, bears, and humans.
- Raccoons can descend a tree head-first-by rotating the hind feet 180 degrees.
- A raccoon hand has ten times as many nerve endings as a human hand.
- Raccoons are found throughout most of North and Central America.
- Raccoons' birthing season is from March to May; however, in the southern US birthing may occur year round.

FREE
FOOD HANDLERS COURSE

Are you a food service worker? Learn how to keep the food you serve safe and how to keep your establishment violation free.

DATES: English Course
Friday, August 8, 2008
9:00 AM - 12:00 PM

Spanish Course
Friday, August 15, 2008
9:00 AM - 12:00 PM

LOCATION: Passaic City Hall
City Council Chamber
330 Passaic Street
Passaic, NJ 07055

A short written quiz will be given at the end of the course. Upon completion of the course and passing the short quiz, you will receive a Certificate of Completion. The certificate will be mailed.

Pre-registration is required by calling (973) 365-5605

Breast, Cervical, Colorectal Cancer Screenings for Women

Provided by:

Rainbows of Hope CEED Program
St. Joseph's Regional Medical Center
703 Main St., Room A1401
Paterson, NJ 07503

For more information and to schedule your screening call: 973-754-3562

All screenings are free for eligible patients without insurance.

Prostate and Colorectal Screenings for Men

Provided by:

Rainbows of Hope CEED Program
St. Joseph's Regional Medical Center
703 Main St., Room A1401
Paterson, NJ 07503

For more information and to schedule your screening call: 973-754-3562

All screenings are free for eligible patients without insurance.

Bicycle Commuting: What's in it for you?

If you want an activity that is low impact, burns a lot of calories, good for your overall health, and good for the environment? Biking might just be the thing. Bicycles are as good for the air we breathe as they are for our bodies.

Here are some reasons why you should get back on that bike:

- **Good for heart and health**. Biking is a great cardiovascular exercise. It strengthens your heart muscles, lowers your resting pulse, and reduces your blood fat levels. People who are involve in regular physical activity suffer far less heart disease that people who don't.
- **Improves fitness**. Biking improves your strength , energy, and general muscle function. Biking is a low impact activity and one of the safest ways to exercise without risk of over exertion or strain to muscles and joints.
- **Helps with weight management**. Cycling uses the large leg muscles to pedal and this translate into burning more calories because the large leg muscles expend more energy during work. Depending on your current weight, you can burn more than 400 calories from 30 minutes of moderate cycling.
- **Reduces stress**. Biking helps alleviate stress, anxiety, and depression, partly due to physical activity itself, but also due to the pleasure of riding a bike. It is a stress free means of physical activity because it can be a part of your daily routine.
- **Better for the environment**. Biking is an energy-efficient form of transportation. Biking reduces air, water, and noise pollution. Bicycles emit few poisonous gases - 4 mile bicycle trip keeps about 15 pounds of pollutants out of the air we breathe. Bikes don't drip brake fluid, antifreeze, transmission fluid, etc. Even without a muffler bikes are quiet, creating a more peaceful environment.
- **Kind to your wallet**. Biking saves travel money included in car commuting (gas, tires, maintenance, etc.)
- **Its fun**. Biking is therapeutic for the mind and spirit - is fun and can make you happy.

In New Jersey, anyone under the age of 17 is required to wear a helmet when riding a bicycle.

Before you pull your bike out of the garage, let's find out how to stay safe on two wheels.

Here are some tips for driving in cities:

- Observe traffic lights and stop signs. In New Jersey, bicyclists are required to follow the same rules and regulations as drivers of motor vehicles.
- Wear a helmet. Helmets have been shown to reduce head related injuries.
- Ride with traffic not against it.
- Watch out of doors of parked cars opening unexpectedly.
- Watch out for pedestrians crossing the streets and stepping out from behind a parked vehicle.
- Keep in mind that most of the time other motorists can not see you, so ride defensively.

FREE Health Screenings and Programs

Domestic Violence & Parenting Support Group

Date: Every Thursday of the Month

Time: 6:00PM - 8:00PM

Place: Passaic Senior Center
(Rear of City Hall)
330 Passaic St., Passaic, NJ

For more info, call Passaic Alliance:
973-365-5740

Confidential Rapid HIV Testing

Date: Every Wednesday of the Month

Time: 9:30AM - 12:30PM

Place: Passaic Alliance
286 Passaic St., Passaic, NJ

For more info, call: 973-365-5740

Don't Let the Bed Bugs Bite

Bed Bug Infestations & How to Prevent Them

Bed bug infestations are on the rise across the country. Experts have been unable to pinpoint the cause of the rise in infestations, but many believe that misuse of pesticide products and increased international travel may be two possible reasons.

Below are some frequently asked questions and answers about bed begs.

Above: *Picture of bed bugs. Bed bugs are small and have a flattened brownish to reddish appearance .*

What are bed bugs?

Bed bugs are a type of wingless insect, that feed off the blood of humans and other mammals.

Before they feed on their host, the bed bug is small and appears almost flat. After they have fed, they turn dark red and become bloated. Bed bugs can survive for many months without feeding.

Female bedbugs can lay 200 to 400 eggs. Eggs hatch in about 10 days. Bedbug eggs are tiny, whitish, and hard to see with the naked eye (individual eggs are about the size of a dust spec).

Can bedbugs transmit diseases?

Bed bugs are not known to transmit human diseases, but their bites can cause intense itching and welts on the skin. Resist the urge to scratch as this may intensify and lead to infection. It is best to use an over the counter anti-itch cream. See your health care provider if the bites develop an infection.

How do you get bedbugs?

Beg bugs may be found in homes, motels, rest rooms, and even movie thearters among other places. Because bed bugs readily hide in small crevices, they may crawl into your luggage, furniture, clothing, pillows, boxes, and other such objects when you move between apartments, homes or hotels. Bed bugs are difficult to identify because of their small size. Their hiding places are usually marked with black or brown dried fecal spots on surfaces where the bugs rest.

Used furniture, particularly bed frames and mattresses, have the greatest risk of harboring bed bugs and their eggs. It is very important to avoid bringing furniture thrown out by others into your home.

Tips to prevent bedbugs:

Repairing cracks in walls, and caulking windows and doors.

Brushing, vacuuming, and steam cleaning of infested mattresses and pillows is effective in killing bed bugs living in seams and buttons.

1) Launder washable items in hot water and dry at high temperature since heat will kill the bugs.

2) Brushing, vacuuming, and steam cleaning is effective for killing bed bugs living in the seams and buttons of mattresses and pillows.

3) To prevent bed bugs from crawling onto your bed, pull the bed frame away from the wall, tuck in sheets and blankets so they don't touch the floor.

4) You can also place the legs of the bed in cups with a small amount of soapy water or coat the legs with petroleum jelly or double sided stiky tape.

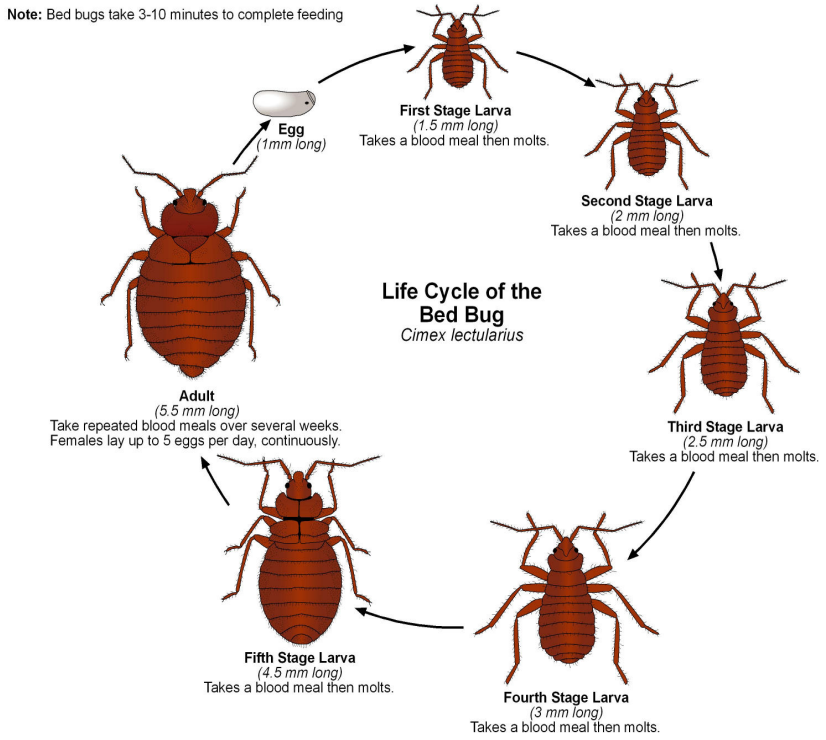
5) If your mattress is infested, consider encasing the mattress in a plastic fitted cover approve by a pest control company rather than replacing it with a new mattress.

6) Over-the-counter bedding spray is available at most pharmacies and hardware stores. Make sure to read the label directions carefully before buying the product, and again before using it.

Thoroughly clean areas of the bedroom where the bugs are likely to be found such as:

- bedding
- linens
- curtains
- rugs
- carpets

You may want to contact a professional pest control company if the problem persists and to prevent the spread of an infestation.



Smoking? Not in youth-rated movies!

One in five 11th grade New Jersey students are current smokers. Years of research say smoking on screen is the single biggest reason. Tell the CEOs of Viacom, Time Warner, General Electric, News Corporation, Sony, and Disney to get smoking out of G, PG, and PG-13 movies (mail the messages below to each CEO).

Smoking in movies kills in real life.

Philippe P. Dauman, Viacom
1515 Broadway
New York, NJ 10036

Dear Mr. Dauman:

In the last nine years, Paramount's Kid-rated movies have delivered 2.5 billion tobacco impressions to theater audiences in the U.S. No more excuses. Clear smoking from Viacom's G, PG, and PG-13 movies now!

Name

Address

Jeffrey L. Bewkes, Time Warner
1 Time Warner Center
New York, NY 10019

Dear Mr. Bewkes:

In the last nine years, Warner brothers kid-rated movies have delivered 6 billion tobacco impressions to theater audiences in the U.S. alone. No more excuses. Clear smoking from Warner's G, PG, and PG-13 movies now!

Name

Address

Robert A. Iger, The Disney Company
500 S. Buena Vista Street
Burbank, CA 91521

Dear Mr. Iger:

In the last nine years, Disney's kid-rated movies have delivered 3.7 billion tobacco impressions to theater audiences in the U.S. alone. No more excuses. Clear smoking from Disney's G, PG, and PG-13 movies now!

Name

Address

Jeffrey R. Immelt, General Electric
3135 Easton Turnpike
Fairfield, CtT 06828

Dear Mr. Immelt:

In the last nine years, Universal's kid-rated movies have delivered 4 billion tobacco impressions to theater audiences in the U.S. alone. No more excuses. Clear smoking from Universal's G, PG, and PG-13 movies now!.

Name

Address

K. Rupert Murdoch, Fox News Corporation
1211 6th Avenue, Fl. 8
New York, NY 10036

Dear Mr. Murdoch:

In the last nine years, Fox's kid-rated movies have delivered 2.6 tobacco impressions to theater audiences in the U.S. alone. No more excuses. Clear smoking from Fox's G, PG, and PG-13 movies now!

Name

Address

Howard Stringer, Sony Corporation
550 Madison Avenue
New York, NY 10022

Dear Mr. Stringer:

In the last nine years, Sony's kid-rated movies have delivered 6.4 billion tobacco impressions to theater audiences in the U.S. alone. No more excuses. Clear smoking from Sony's G, PG, and PG-13 movies now!

Name

Address

CTCP
NEW JERSEY
Comprehensive Tobacco Control Program

Community Partnerships for a Tobacco-Free New Jersey

Passaic County

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 all who live, visit, and work in the City of Passaic.

A QUARTERLY NEWSLETTER OF THE CITY OF PASSAIC DIVISION OF HEALTH

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The Focus is sponsored the City of Passaic, Division of Health

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Public Health
Prevent. Promote. Protect.

City of Passaic
Division of Health
330 Passaic Street
Passaic, NJ 07055

To: