



# Pool Safety At Home

## Preventing Pool Chemical Associated Injuries

According to the U.S. Centers for Disease Control & Prevention (CDC), swimming is the second most popular exercise in the United States. A total of 339 million visits to pools, water parks, and interactive fountains occur each year.

Chemicals are added to pool water to keep it clean and clear. When used properly, these chemicals are safe and prevent the transmission of harmful diseases to swimmers. However, when these chemicals are handled improperly serious injuries to the handler or swimmers may occur including burns, damage to lungs, and even death.

To prevent injury to yourself and others always follow these simple tips when using pool chemicals:

1. Always fully read and follow the instructions on the product label. Never use a pool chemical in a manner that is not consistent with its label.
2. Do not use a chemical if the product label or instructions are missing or damaged.

3. Never add more pool chemicals than indicated on the manufacturer's instruction.
4. Store pool chemicals in a safe place. Most pool chemical labels have instructions on proper storage. Follow



*Swimming is the second most popular exercise in the United States. Keep you and your family safe by preventing pool chemical associated injuries.*

5. Always protect stored chemicals from mixing with other products or from getting wet.
6. Always keep chemicals in the original, labeled container.
7. Always use protective gear, such as safety glasses and gloves.
8. Never pre-dissolve solid chemicals or add water to liquid chemi-

9. Never mix chlorine products with each other, with acid, or with any other substance.
10. Keep children and pets away when handling chemicals.

11. Do not smoke while handling pool chemicals

12. Dedicate equipment (scoops, buckets, crocks, and their lids) to one pool chemical. Do not use this equipment for any other chemical.

13. Add individual chemicals directly to water, never the reverse.

14. Wash your hands thoroughly after handling pool chemicals.

15. Never pour chemicals down drains or sewers. Contact your local or county hazardous waste collection office for information on how to get rid of unused chemicals. In Passaic County, the Natural Resources Hotline is (973) 881-4506.

### Inside this issue:

Color Your Plate & Enjoy The Benefits	2
Dog & Cat Licensing	2
The Benefits of Quitting Smoking Over Time	3
Fire Up the Grill: Heart Healthy Tips	3
Four Tips for Protecting Your Skin	3
Make Passaic Glitter! Please Don't Litter!	4
Adoptions At the Passaic Animal Shelter	4
Free Health Screenings & Programs	5

### Special points of interest:

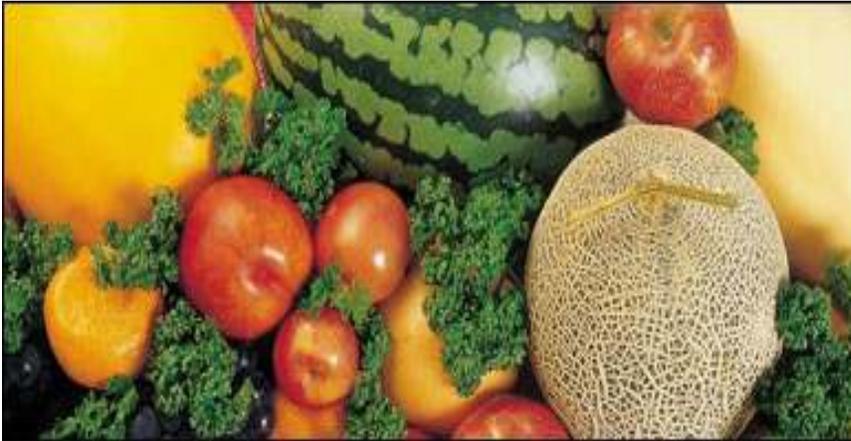
- July is UV Safety Month
- August is National Immunization Awareness Month
- September is Healthy Aging Month
- September is Prostate Cancer Awareness Month

# Color Your Plate & Enjoy The Benefits

Fruits and vegetables provide essential vitamins and minerals, fiber, and other nutrients that are important to good health.

Compared to people who only eat small amounts of fruits and vegetables, those who eat larger amounts (along with a healthy diet) have reduced risks for chronic diseases such as stroke, diabetes, some types of cancer, heart disease, and highblood pressure. Eating fruits and vegetables along with a health diet and exercise can help keep you maintain a healthy weight since most fruits and vegetables are naturally low in fat and calories. Examples of some great vegetables include:

- green beans, tomatoes, radishes,
- blueberries, strawberries, cherries,



melons, nectarines, peaches, pears, plums, pineapple, red grapes, raspberries, Valencia oranges, apples, watermelon, papaya, kiwi, mango, figs.

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. To get benefits out of fruits and vegetables always think color.

zucchini, peppers, corn, cucumbers, spinach, sweet potatoes, onions, potatoes, eggplant, garlic, okra, squash, black-eyed peas, lettuce, rhubarb.

Examples of some great fruits include:

Eating fruits and vegetables of different colors give your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C.

To learn more about the benefits of fruits and vegetables, visit:

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## Attention City of Passaic Residents Dog & Cat Licenses Expired on June 30, 2009

City of Passaic residents are reminded that dog and cat licenses expired on June 30, 2009. If you own a cat or dog, city regulations require that you obtain a license for your pet.

To obtain a license you must have proof of rabies immunization for the cat or dog. Licenses are issued by the Office of the City Clerk located on the first floor of City Hall. Fees for licenses are as follows:

### LICENSE FEES

**Cat or Dog (Spayed/Neutered)**

**\$18.20**

**Cat or Dog (Not Spayed/  
Neutered)**

**\$15.20**

For more information on licensing, contact the City Clerk's Office at

(973) 365-5584



*In accordance with Chapter 117 of the City Code, a license is required for every cat or dog owned by you. Failure to obtain a license will result in you receiving a summons to appear in Municipal Court. Avoid a summons by licensing your pet today.*

# The Benefits of Quitting Smoking Over Time

Do you smoke or know someone who smokes? You've probably heard it many times that quitting smoking can save a person's life. But how so? The following timeline from the American Lung Association illustrates the impact of quitting smoking over time.

**20 minutes after quitting smoking:** Your heart rate and blood pressure drops.

**12 hours after quitting smoking:** The carbon monoxide (a toxic by-product from cigarettes) level in your blood drops to normal.

**1 to 9 months after quitting:** Coughing and shortness of breath decrease; cilia (finy hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

**1 year after quitting:** The excess risk of coronary heart disease is half that of a smokers.

**5 years after quitting:** Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.

**10 years after quitting:** The lung cancer death rate is about half that of a continuing smokers. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.

**15 years after quitting:** The risk of coronary hear disease is that of a non-smokers.

For more information on how to get help on quitting smoking call the NJ Quitnet at -866-NJSTOPS or visit [www.Nj.quitnet.com](http://www.Nj.quitnet.com)



## Fire Up That Grill: Heart Healthy Tips for Summer Grilling

Planning on pulling out the grill and doing some barbecuing this summer? Keep your heart's health in mind by following these simple tips:

1. Try eating grilled fish. Salmon, trout, and herring are especially great for your heart since they contain omega-3 fatty acids which prevent cardiovascular disease.
2. When purchasing meat, go for "loin" and "round" cuts of met and pork. Also purchase "choice" or "select" grades of beef instead of "prime".
3. Trim off the fat! Cut off visible pieces of white fatty areas on meat before grilling.
4. Grill chicken breasts instead of legs and thighs. Although eating the skin is tempting, removing the skin before eating is a healthier choice.
5. Grill low-fat chicken or turkey burgers.
6. Add vegetables such as onions and peppers to add flavor and healthy vegetables to your meal.



**Heart disease is the leading cause of death in the United States and is a major cause of disability. Almost 652,091 people die of heart disease in the U.S. each year. That is about 27% of all U.S. deaths. Heart disease is a term that includes several more specific heart conditions. The most common heart disease in the United States is coronary heart disease, which can lead to heart attack.**

## Four Tips to Protecting Your Skin from the Summer Sun

1. **Avoid the strongest rays of the day.** Limit sun exposure during mid-day hours (normally between 10:00am and 4:00pm). If you are uncertain about the sun's intensity, take the shadow test: if your shadow is shorter than you, the sun's rays are the strongest.
2. **Use sunscreen with an SPF of 15 or higher.** Use sunscreens whose active ingredients block UVA and UVB rays. Sunscreens should be used everyday, even on cloudy days. They should be applied generously before going out into the sun and should be applied often, especially after swimming.
3. **Cover up.** Protect exposed skin with long-sleeved shirts, long pants, and a hat with a wide brim to cover the face, ears, head, and neck.
4. **Avoid sunlamps and tanning booths.** Tanning lamps are as harmful as the sun. They release UVA and UVB rays also, which cause serious skin damage and contribute to the formation of skin cancers.

# Make Passaic Glitter! Please Don't Litter!

Large quantities of litter including cigarette butts, candy wrappers, food packaging, chewing gum, plastic straws, soft drink bottles (glass, plastic, and metal), bottle caps, plastic bags, and many other forms of trash are discarded on city streets ever year.

Not only is litter unpleasant looking, but is extremely harmful to the public's health and the environment.

## FACTS ABOUT LITTER

Here are some important facts about litter:

- Rats and insects which carry disease thrive in litter.
- Bacteria and other harmful germs are found in litter.
- Animals suffer injuries or die every year from mistaking litter for food .
- Litter on streets ends up in rivers and streams resulting in water pollution and serious damage to aquatic life.
- Litter clogs storm drains resulting in flooding.

- Litter takes a long time to naturally break-down in the environment. Some estimates on how long it takes for litter to break down are as follows:

- Plastic bottles - indefinitely
- Aluminum cans - 80 to 100 years
- Tin cans - 50 years
- Glass - indefinitely

- Plastic bags - 10 to 20 years
- Cigarette butts - up to 2 years

## KEEP PASSAIC CLEAN! WHAT CAN YOU DO?

- Keep a bag in your car for collection of litter.
- Use waste receptacles to deposit your litter.
- Deposit cigarette butts in ashtrays.
- Recycle cans, bottles, cardboard, and paper.
- Keep the areas in front of your home or business clean.
- When using a vehicle to haul materials, properly secure your load.
- Teach children about the harmful effects of litter and encourage others to stop littering.

Report litter strewn properties, to the Passaic Health Division by calling (973) 365-5606.



## Adopt A Companion Today - Visit the 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.



# FREE

## Health Screenings & Programs

### Blood Pressure Screening

Dates: EVERY FIRST MONDAY OF THE MONTH  
Monday, July 6, 2009  
Monday, August 3, 2009  
Monday, September 14, 2009

Time: 10:00AM - 11:00AM

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



### 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

### 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 info and to schedule your screening call: 973-754-3562

All screening costs 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 info and to schedule your screening call: 973-754-3562

All screening costs are free for eligible patients without insurance

### 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 - 12:00PM

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

For more info, call:  
973-365-5740

### 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 Passaic Health Division at Work Preventing Rabies

The City of Passaic Division of Health hosted free rabies vaccination for cats and dogs clinics on Thursday, May 7, 2009 and Saturday, May 9, 2009 at the Passaic Animal Shelter.

The event was very successful and well attended. A total of 155 dogs and 40 cats were immunized by the City's Veterinarian.

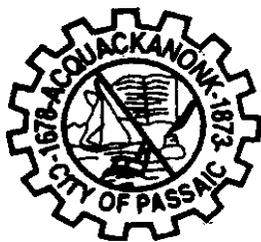
Rabies is a deadly disease caused by a virus. The virus is found in the saliva of a rabid animal and is transmitted by a bite or possibly by saliva contamination of an open cut or the eyes. Left untreated

rabies attacks the central nervous system and causes death. Only mammals, including cats, dogs, and humans can get rabies. The disease is found in wild mammals such as raccoons, bats, skunks, groundhogs, and foxes. The rabies vaccine protects cats and dogs from the deadly disease.

The City of Passaic Division of Health provides free rabies clinics at least twice per year. These clinics are open to City of Passaic residents. For information on future dates, contact the Passaic Health Division at (973) 365-5603.



**The rabies clinics were held at the Passaic Animal Shelter at 13 Benson Court.**



**CITY OF PASSAIC  
DIVISION OF HEALTH**

330 Passaic Street  
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Fax: 973-365-2242  
Email: [health@cityofpassaicnj.gov](mailto:health@cityofpassaicnj.gov)

**[www.cityofpassaic.com](http://www.cityofpassaic.com)**



**Public Health**  
Prevent. Promote. Protect.

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.

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**City of Passaic  
Division of Health**

330 Passaic Street  
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To: