

Striving for Good Health



THE BI-MONTHLY HEALTH EDUCATION NEWSLETTER FROM
SOMERSET COUNTY DEPARTMENT OF HEALTH

Volume 2, Issue 5

September/October 2012

SEPTEMBER



National Preparedness Month

Theme: PLEDGE TO PREPARE

Join In As We Seek To Create a Culture of Local Preparedness in Somerset County!

What can I do to prepare for an emergency?

There are plans in place at the County level to respond to a public health emergency/natural disaster, however you as a resident need to take action on a personal/family level to be prepared. Preparing for an emergency involves taking steps like stockpiling food, water and medications. Doing this will make a big difference in managing your family during a crisis.

**You may not be able to prevent a disaster,
however you can prepare for it.**

Below is a list of items you should have as part of your emergency supplies kit. At a minimum, these supplies should include:

- Several clean containers for water, large enough for a 3-5 day supply of water (about five gallons for each person).
- A first aid kit and manual.
- Sleeping bags or extra blankets.

- A battery-powered radio, flashlights, and extra batteries.
- Prescription medicines and special medical needs.
- Baby food and/or prepared formula, diapers, and other baby supplies.
- Disposable cleaning cloths, such as "baby wipes" for the whole family to use in case bathing facilities are not available.
- Personal hygiene supplies, such as soap, toothpaste, sanitary napkins, etc.
- An emergency kit for your car with food, flares, booster cables, maps, tools, a first aid kit, fire extinguisher, sleeping bags, etc.

Visit www.co.somerset.nj.us/health for more information on preparing for disasters, hurricanes and floodwater

<i>In this Issue</i>	<i>Page</i>
September National Preparedness Month.....	1
Quick Preparedness Tidbits.....	2
6 Reminder Steps to Emergency Preparedness....	3
Topic of the Month: Influenza.....	4
Take Control of Your Health - Diabetes.....	5
Bulletin Board	6

Striving for Good Health

National Preparedness Month

Quick Tidbits:

Theme: PLEDGE TO PREPARE

Join In As We Seek To Create a Culture of Local Preparedness in Somerset County!



Every **emergency supply kit** is unique. Your family kit should be created with your specific needs in mind.



Sign up for NJ-ALERT to receive email or text during an emergency event.
Visit www.njalert.gov

&

FOLLOW US ON [twitter](#)



For more information about emergency preparedness, visit [nj.gov/ready](#). Take care of your body by having an emergency plan that includes meeting places and ways to communicate with loved ones. To learn more about creating an emergency plan go to [nj.gov/ready](#).

When making a **Family Emergency Plan**, include a contact outside your area. It may be easier to call long distance after a local emergency.



Preparedness on a budget:
Fill clean, airtight containers with **water**, instead of buying bottled water.

Remember Your **Pets**! Get your pet an emergency kit and create a buddy system.



National Preparedness Month, the perfect time for you and your family to make a plan, create a kit, and **stay informed!**



Preparedness on a budget:

Pick up canned items and other non perishable **food** items on sale 2 or 3 at a time.



Talk to your friends, neighbors and family this month and encourage them to prepare for emergencies and disasters.

Striving for Good Health

7

Reminder Steps to Emergency/ Disaster Preparedness

*Emergencies/Disasters don't always give you a heads up!
Start Preparing Now!!*

1. Create an emergency supply kit for you and your family.

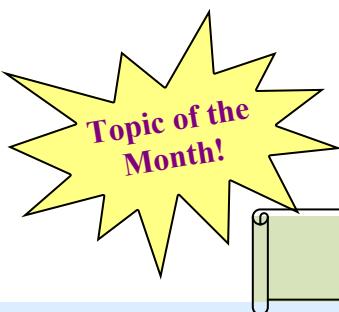
If you have to evacuate in an emergency, you may not have time to gather supplies. Your emergency supply kit should include **basic, essential items** that your family may need in the event of a disaster.

Local officials and relief workers cannot reach everyone immediately. You may need to survive on your own for a period of time. This means having your own food, water and other supplies in sufficient quantity to last for at least **72 hours**.

What if services such as electricity, gas, water, sewage treatment and telephones are cut off for several days? Your supply kit should contain items to help you manage during these outages. Keep your kit in a cool dry place and be sure to **regularly replace items** that have expired.

2. Prepare a family communications plan so you can stay in touch. Test this plan on a routine basis.
3. Do you have a small emergency kit for your car or desk? It doesn't matter if you have a ten minute commute to work, you may never know when you would need it.
4. Brainstorm worst-case scenarios and thoroughly think through what steps your family will need to take to keep connected and safe.
5. Prepare an emergency supply kit for **your pet**. Should you need to evacuate from your home, make sure they wear a collar with some form of identification in case they become separated from you.
6. Always remember to keep a small supply of cash on you at all times. ATMs and credit card readers may be out of service during an emergency.
7. Download American Red Cross Mobile Apps for your iPhone and Android devices:
First Aid/Hurricane/Shelter Finder App
<http://www.redcross.org/mobile-apps>

Visit www.ready.gov for more information.



Striving for Good Health

Influenza

2012/2013 Flu Season

Influenza, or flu, is a respiratory illness that is caused by a virus. Flu is highly contagious and is usually spread by the coughs and sneezes of a person who is infected. You can also catch flu from an infected person if you touch them (e.g. shaking hands). Adults are contagious one day before getting symptoms and up to 7 days after becoming ill. This means that you can spread the influenza virus before you even know you are infected.

What should I do to prepare for flu season?

CDC recommends that everyone 6 months and older get a flu vaccine each year. Getting a flu vaccine is the first and most important step in protecting against this serious disease.

Who should get vaccinated this season?

Everyone who is at least 6 months of age should get a flu vaccine this season. It's especially important for some people to get vaccinated. Those people include the following:

- People who are at high risk of developing serious complications like pneumonia if they get sick with the flu
- This includes:
- People who have certain medical conditions including asthma, diabetes, and chronic lung disease.
- Pregnant women.
- People 65 years and older.
- People who live with or care for others who are high risk of developing serious complications

This includes household contacts and caregivers of people with certain medical conditions including asthma, diabetes, and chronic lung disease.

A detailed list is available at Who Should Get Vaccinated Against Influenza. A complete list of health and age factors that are known to increase a person's risk of developing serious complications from flu is available at People Who Are at High Risk of Developing Flu-Related Complications.

When should I get vaccinated?

CDC recommends that people get vaccinated against influenza as soon as 2012-2013 flu season vaccine becomes available in their community. Influenza seasons are unpredictable, and can begin as early as October.

It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. The Flu vaccine is produced by private manufacturers, so availability depends on when production is completed. If everything goes as indicated by manufacturers, shipments are likely to begin in August and continue throughout September and October until all vaccine is distributed. Doctors and nurses are encouraged to begin vaccinating their patients as soon as flu vaccine is available in their areas, even as early as August.

Where can I get a flu vaccine?

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools. Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health center, or work.

Why do I need a flu vaccine every year?

A flu vaccine is needed every year because flu viruses are constantly changing. It's not unusual for new flu viruses to appear each year. The flu vaccine is formulated each year to keep up with the flu viruses as they change.

Also, multiple studies conducted over different seasons and across vaccine types and influenza virus subtypes have shown that the body's immunity to influenza viruses (acquired either through natural infection or vaccination) declines over time.

Getting vaccinated each year provides the best protection against influenza throughout flu season.

For everyone, getting vaccinated each year provides the best protection against influenza throughout flu season. It's important to get a flu vaccine every year, even if you got vaccinated the season before and the viruses in the vaccine have not changed for the current season.

Source: www.cdc.gov

For information about upcoming Flu Clinics in the County Visit www.co.somerset.nj.us/health



FREE WORKSHOP! FREE WORKSHOP!!



"Take Control of Your Health" Workshops

**Do you have Type 2 Diabetes?
Do you want to alleviate pain and fatigue? Do you want to
be more independent and get more out of life? If so, the**

Take Control of Your Health: Diabetes Self-Management Workshop ...is for you!

Diabetes affects 12.2 million Americans aged 60+,
or 23% of the older population

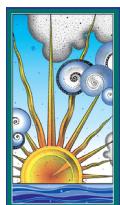
Topics covered include:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, and stress;
- Appropriate exercises;
- Healthy eating;
- Appropriate use of medications;
- Working more effectively with healthcare providers

Join this **FREE** 2 ½-hour **interactive** Workshop, held each week for six weeks for adults and caregivers who want to take charge of diabetes.



**Call the Somerset County
Office on Aging & Disability
Services at (908) 704-6339
for more information.**



This program is sponsored by the Somerset County Office on Aging & Disability Services in partnership with the Somerset County Department of Health.



Bulletin Board:

Learn about the symptoms, diagnosis and treatment for a variety of diseases and conditions, as well as prevention and wellness.

The Tutorial includes animated graphics, audio and easy-to-read language.



<http://www.nlm.nih.gov/medlineplus/tutorials/>

Quick FACTS Corner

- ♦ Ninety percent and ninety-five percent of people with diabetes have type 2, according to the National Diabetes Education Program. This type used to be called adult-onset diabetes, but in the wake of the U.S. obesity epidemic, children are increasingly developing type 2. According to the U.S. Centers for Disease Control and Prevention, one in three Americans will have type 2 diabetes by the year 2050 if current trends continue. It is sometimes possible to prevent or delay the onset of type 2 diabetes with exercise and diet, which help the body use insulin more effectively.

Source: www.healthfinder.gov

- ♦ Parents who want to help their children enjoy a healthier diet, CDC funded researchers say one way to get kids to eat more fruit is to cut it up before serving. Another suggestion is to involve them in selecting and buying fruits. *To learn more, visit www.cdc.gov/nutrition/everyone and www.cdc.gov/prc*

We are here to Help!

FREE SERVICE:

Please contact the Health Department and inquire about Health Education programs/presentations available for your staff, community groups or members of your faith-based organizations.

We also provide relevant health information/resources.

** Our Community Education Programs are tailored to fit your needs. Programs can be conducted on site **



LINEA EN ESPAÑOL DEL DEPARTAMENTO DE SALUD

Llame al: 908-541-5798

For Current Schedule of Basic Foodhandler Courses

Visit

<http://www.co.somerset.nj.us/health/FoodPR.htm>



2012-2013

Influenza Season

For information about upcoming Flu Clinics in the County
Visit www.co.somerset.nj.us/health



Produced by

Somerset County Department of Health

P. O. Box 3000, 27 Warren Street, Somerville, NJ 08876

Phone: 908-231-7155 Fax: 908-704-8042

www.co.somerset.nj.us/health



Public Health
Prevent. Promote. Protect.

FOLLOW US ON

<http://twitter.com/SCHealthDept>

DISCLAIMER: Information provided in this publication should not be used as a substitute for medical care and advice of your physician. Readers should consult their physicians for answers to specific clinical questions.

ck 8/2012