

Your Health Matters



Public Health
Prevent. Promote. Protect.

Special points of interest

- January is National Cervical Health Awareness Month
- February is American Heart Month
- March is National Nutritional Month
- April is Alcohol Awareness Month
- May is Mental Health Month
- June is National Safety Month

Inside this issue:

Healthy New Year Tobacco Sale	1-2
Healthy Pets	2
Respiratory Syncytial Virus Safe Drinking	3
Winter Driving Stigma Free	4
Strep Throat Physical Activity	5

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A Healthy Start to the New Year

It's a new year and maybe you are ready to make some healthy changes. Whether you are looking to lose weight, become more physically active or manage any health conditions, here are some tips to get started on the right track.



All food groups should be part of your healthy diet. Each main food group, including whole grains, fruits and vegetables, lean protein and low-fat dairy, provides essential nutrients needed to maintain and improve your health.

A healthy eating plan should fit your lifestyle. Eating plans that are too rigid may not be realistic and will not be easily sustained. Choose an eating plan that will work for you that includes food you like. If you do not have time to prepare each meal, take that into consideration and find a plan that will

work within your time constraints.

Slow weight loss is key. If you are beginning a weight loss program, aim to lose one to two pounds per week. By doing so, you are less likely to regain any lost weight or to lose muscle.

Set achievable, small goals. Setting goals that are ambitious usually lead to defeat. Make changes slowly in a way that is doable for you.

Make exercise part of your day. Regular exercise should always be combined with a healthy eating plan. Most adults aim for at least

Continued on Page 2

Tobacco Age of Sale is now 21

Did you know as of November 1, 2017, a person must be 21 years of age or older to purchase tobacco in New Jersey. The age of tobacco sale was raised to 21 in order to protect youth from the deadly effects of tobacco use. The law also includes electronic smoking devices which deliver nicotine and other toxic substances. New Jersey is the

third state to raise the smoking age to 21, following Hawaii and California. For more about the new law information, visit: <http://nj.gov/health/fhs/tobacco/>



30 minutes of moderate-intensity activity, like walking. Build activity into your day by taking movement breaks, parking at the end of a parking lot, walking the whole supermarket when shopping for food, or window shopping at the mall.

Make prevention part of your routine. If you are due for screenings, schedule them early in the

year. A mammogram every two years is recommended for women age 50 to 70. A pap test is recommended every three years for women age 21 to 66. A prostate exam is recommended at age 50 for men who are at average risk and at age 45 for men high risk of developing prostate cancer. For more information on screenings, visit www.cdc.gov/cancer.

Also, your child's immunizations may be up-to-date, but what about adult immunizations? For a list of vaccinations and schedules, visit, www.cdc.gov/vaccines to make sure you are current for your age.

For other tips on Healthy Living, visit the Healthy You section at www.morrishealth.org



Healthy Pets, Healthy People

Studies have shown that the bond between people and their pets can increase fitness, lower stress, and bring happiness to their owners. But there's something else you should know.

Pets sometimes carry germs that can make people sick. The diseases people get from animals are known as zoonotic (zoe-oh-NOT-ic) diseases.

It is hard to know which animals could be carrying zoonotic diseases, especially since pets carrying these germs often look healthy and normal. Here are some tips that can help you and your pets stay healthy:

- Take your pet to the veterinarian regularly so it stays in good health.

- Practice good hygiene around your pets such as washing your hands before handling food so they don't unintentionally pass germs to you.
- Learn about diseases different types of pets can spread – just in case.

For more information visit: <https://www.cdc.gov/healthypets/health-benefits/index.html>



Subscribe to receive email notifications for the Office of Health Management Health News Blog which provides current health news. Link the following link to subscribe: <https://health.morriscountynj.gov/category/health-news/>

Protect Yourself Against RSV

Respiratory virus or RSV is a common respiratory virus that usually causes mild, cold-like symptoms. RSV is the most common cause of bronchiolitis (infection of small airways in the lungs) and pneumonia (an infection in the lungs) in children younger than one year of age in the United States. It also causes respiratory illness in adults and results in about 177,000 hospitalizations and 14,000 deaths annually.

Those who have higher risk for severe illness of RSV include:

- Premature babies
- Older adults, especially those 65 years and older
- People with chronic lung disease or certain heart problems
- People with weakened immune systems, such as from HIV infection, organ transplants, or specific medical treatments like chemotherapy

There are steps you can take to prevent the spread of RSV which include:

- Wash your hands often. Wash your hands with soap and water for 20 seconds. If soap and water are not available, use an alcohol based hand sanitizer.
- Avoid close contact with sick people. Avoid kissing, sharing utensils or cups with people who have cold-

like symptoms. Keep your hands off your face. Avoid touching your eyes, nose and mouth with unwashed hands.

- Cover your coughs and sneezes. Cover your mouth with a tissue when sneezing or coughing. Throw the tissue in the trash afterwards.
- Clean and disinfect surfaces.
- Stay home when you are sick. If possible, stay home from work, school, or public areas when you are sick.

There is no vaccine to prevent the RSV infection but scientists are currently working to develop one. For more information, please visit:

<https://www.cdc.gov/features/rsv/>



Sip Smarter During the Holidays and All Year Round

During the holidays it is easy to get carried away when eating and drinking while in a good mood. Be mindful of your alcohol consumption and remember moderation is key. Follow these few tips for safe drinking during the holiday.

- Drink water between alcoholic drinks.
- Practice moderation. Enjoy your drinks by sipping slowly.
- Use low calorie mixers such as tonic water or lemon and lime wedges.
- Never drink and drive. Have a designated driver to drive you home.

Have a safe and happy
New Year!

Winter Driving Safety

Driving in the winter can be a challenge for many drivers on the road. Weather conditions including ice, snow, freezing temperatures, and slippery roads make it difficult to get to our destination. Stay safe and drive carefully during the winter season by following these simple tip:

1. Clean off your car entirely. Remove all snow and ice from your vehicle before you start driving. It is a New Jersey law.
2. Drive slowly in the snow.
3. Don't be a distracted driver.



4. Check tire pressure. Tire pressure is more likely to drop in the winter.
5. Maintain your car battery. Batteries lose power in lower temperatures because more power is needed to start the engine in winter.
6. Keep windshield wipers in good shape. Windshield wipers are important to seeing clearly in wet weather.
7. Keep basic supplies in your car. During the winter season, you should have a snow-brush, shovel, and a bag of sand.
8. Keep lights clean. Maintaining your lights help visibility when driving at night.

For more information you can visit: <http://www.transoptions.org/press-releases/winter-driving->

Has your doctor given you a prescription for the park yet? Studies have shown that nature is has positive effects on your well-being including mental and physical health. It is called ecotherapy and focuses on three elements: the sounds of birds chirping, visuals or trees and leaves, and the sounds of streams or rivers. To find a park near you visit the Morris County Park Commission homepage: <http://m66.siteground.biz/~morrисpa/index.php>

Be Stigma Free

Did you know one in four adults experience a mental illness in a given year such as depression? However, more than half will not seek treatment due to the stigma attached to mental health. The Morris County Stigma Free initiative is a county wide program which aims to eradi-

cate the stigma associated with mental illness and substance abuse disorders. Stigma is a mark of disgrace which results from judgment by others. Stigma brings experiences of shame, distress, embarrassment, hopelessness, and reluctance to seek or accept help. Show your support and take the pledge to show that you are taking an effort to reduce the impact of

stigma in Morris County. For more information visit: <https://morriscountystigmfree.org/>



Strep Throat

There are many things that can cause us to have a sore throat including bacteria, viruses, allergens, and environmental irritants. Most sore throats do not require treatment; however, strep throat is an infection that does require treatment. Strep throat is an infection caused by a Group A streptococcus bacterium that is found in the throat and on the skin. The bacteria is spread through direct contact of mucus or droplets from the nose or throat of an infected person. People are no longer able to spread the illness to others after they have taken antibiotics for at least 24 hours. Some common symptoms of strep throat include:



- Sore throat, usually starts quick and causes pain when swallowing
- A fever
- Tiny red spots on the roof of the mouth
- Swollen lymph nodes in the front of the neck
- Red swollen tonsils

There is no vaccine for strep throat however there are things you can do to protect yourself. The best way to prevent strep throat is to wash your hands

often. Other prevention measures include:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in the waste basket.
- Cough or sneeze into your upper sleeve or elbow, not your hands, if you don't have a tissue.
- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand rub if soap and water are not available.

For more information you can visit:

<https://www.cdc.gov/features/strepthroat/index.html>

Did you Know?

Did you know that adults need at least two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week and muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). Some moderate-intensity aerobic activities include walking fast, water aerobics, and riding a bike. Muscle strengthening activities include lifting weights, working with resistance bands, and yoga. Let's get moving. For more exercises you can visit: <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>

Medical Reserve Corps



The Morris County Medical Reserve Corps is a well-prepared and trained workforce of volunteers to help public health protect the community in the event of a public health emergency.

To learn more about the MRC, or to fill out a volunteer application, visit www.njmrc.nj.gov.

A BIENNIAL NEWSLETTER
FROM THE MORRIS
COUNTY OFFICE OF
HEALTH MANAGEMENT

PROVIDING
HEALTH EDUCATION SER-
VICES FOR:

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MORRIS PLAINS BORO.
MORRISTOWN
WASHINGTON TOWNSHIP

Important Numbers

GENERAL

NJ211

2-1-1

North Jersey Red Cross

(973) 538-2160

Poison Information

1-800-222-1222

Mental Health Hotline

1-877-294-4357

MORRIS COUNTY

Health Management

973-631-5484

Emergency Management

973-829-8600

Sheriff's Office

973-285-6600

Prosecutor's Office

973-285-6200

NEW JERSEY

Communicable Disease Service

1-609-826-5964

State Police

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The mission of the Morris County Office of Health Management is to promote public health, to prevent the spread of disease, and to protect the environment, through awareness, compliance, education, training, and emergency response.

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