

the

# Health Source

A newsletter from the Freehold Area Health Department in collaboration with the Monmouth Public Health Consortium (MPHC)\*

## Weather Alerts Watch vs. Warning

**TIP:** Know the difference between a storm “watch” and a “warning” issued by the National Weather Service.

- A **watch** means that there is a high possibility that a weather emergency will occur. When a severe storm watch is issued for your area, continue to listen to the radio or television for updates and pay attention to visible weather changes around you.
- A **warning** means that a weather emergency is already happening, or will happen soon. When you hear a warning, take immediate action.



## Camping Safety Tips

Camping offers many opportunities for outdoor fun with family and friends, but — be warned — these warm weather events also present opportunities for food-borne bacteria to thrive. As food heats up in summer temperatures, bacteria can multiply rapidly, making it crucial to store and cook food properly while enjoying this popular summer activity.

### Have the Right Cooler!

One necessity to carry along while camping will be an appropriately sized cooler. Packing a cooler efficiently — and using it in the correct ways — is crucial to keeping food safe and everyone healthy. But keep in mind that every time you open a cooler, precious cool

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## Health Observances!

### UV Safety Month

**July**

Raises awareness of the serious health problems ultraviolet (UV) radiation can cause.

### Eye Exam Month

**August**

A month dedicated to the importance of eye health and safety.

### National Immunization Awareness Month

**August**

Encouraging all people to protect their health by being immunized against infectious diseases.

### Annual National Family Health & Fitness Day™

**September 26**

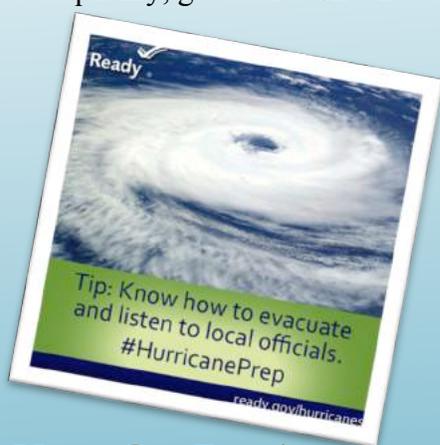
A health and fitness event for families that promotes family involvement in physical activities.

## Hurricane Season: Get Your Family, Home, and Car Ready

If a hurricane might be headed toward you, you need to prepare. Listen for National Weather Service alerts on TV or radio or check for them online. If you hear that there's a hurricane watch or warning in your area, you can take steps to get ready.

### Get Your Family Ready

- Go over your emergency plan with your family. Make sure you have the supplies you need.
- Keep checking for updates about the storm. Watch TV, listen to the radio, or check online.
- Listen for disaster sirens and warning signals.
- Pack important documents (like wills or passports) with you.
- Call the hospital, public health department, or the police about special needs. If you or a loved one is older or disabled and won't be able to leave quickly, get advice on what to do.



### Get Your Car Ready

- Fill your car's gas tank. You may also want to consider making plans with friends or family to get a ride.
- Check your car's emergency kit.
- Move cars and trucks into your garage or under cover.



### Get Your Home Ready

- Clear your yard. Make sure there's nothing that could blow around during the storm and damage your home. Move bikes, lawn furniture, grills, propane tanks, and building material inside or under shelter.
- Cover up windows and doors outside. Use storm shutters or nail pieces of plywood to the window frames to protect your windows. This can help keep you safe from pieces of shattered glass.
- Be ready to turn off your power. If you see flooding, downed power lines, or you have to leave your home, switch it off.
- Fill clean water containers with drinking water in case you lose your water supply during the storm. You can also fill up your sinks and bathtubs with water for washing.
- Lower the thermostat in your refrigerator and freezer to the coolest possible temperature. If your power goes out, your food will stay fresh longer. Read more about food safety after a storm.

## Pokémon Go and Your Health!

**America is in the grips of Pokemon fever, and Monmouth County is no exception. With the release of Pokemon Go, a free downloadable app for both Android and iPhone, people are getting out of their houses to track down Pokemon, exploring their neighborhoods, parks and other outdoor locations in search of Pokemon.**

### Wear the right shoes!

Nothing puts a damper on a good time quite like aching feet, or worse, a blister. Wear shoes designed for walking and avoid covering long distances in other types of footwear. Those flip flops might be great for the beach, but walking 10 kilometers in them to hatch a Pokemon egg might not be the best idea.

### Stay hydrated!

Monmouth County is having a hot summer, and it's easy to get dehydrated while walking around in the sun. Drink plenty of water and consider bringing a water bottle along on your adventure.



### Protect yourself from the sun!

When walking during the day, take steps to shield your body from the sun. Use sunscreen: The Centers for Disease Control and Prevention recommend using at least SPF 15. This helps reduce the risk of getting skin cancer and helps prevent other types of skin disease. Also consider wearing a hat, sunglasses, and breathable fabrics.

### Be safe!

One of the things that makes Pokemon Go so enjoyable is its blending of the real and virtual worlds. However, just because you're playing the game doesn't mean that the real world around you stops. Be aware of your surroundings; exercise caution when crossing the street; don't wander around in the dark without a flashlight; don't trespass; look where you're going. In case of emergency, you can close the game app and use your phone to call for help.

### Track your progress!

While Pokemon Go tracks your progress in the game, why not track how much you're walking at the same time? There are a number of apps that track steps that you can download, or consider purchasing a wearable pedometer. You might just surprise yourself!

Now that you know what to wear and what to bring, go out and have fun! And while the game can be played anywhere, places with lots of Pokéstops and gyms make it more fun. We suggest checking out your town library and parks. There are a number of Pokéstops to visit, along with miles of great walking paths.

## Camping Safety Tips, continued

air escapes. Consider having 2 coolers, one with food for meals and another for beverages and snack. This will keep mealtime food at a more stable temperature if the cooler isn't being opened throughout the day.

### Prepare Food Properly

- Pre-chill all food that will be stored in the cooler and freeze bottles of water and non-carbonated drinks (like boxed fruit juices), which will keep foods cold as they thaw.
- You can even freeze water in zip-top bags in place of cold packs or ice. However, ice is generally recommended as it will fill the cooler completely and keeps food uniformly cold.
- Pack coolers in reverse order, with food you plan to use first on top — the less you have to dig around in the cooler, the better!
- Before leaving the house, throw in a fridge thermometer and keep it centrally located within the cooler so you can monitor and ensure foods are kept at or below 41°F.

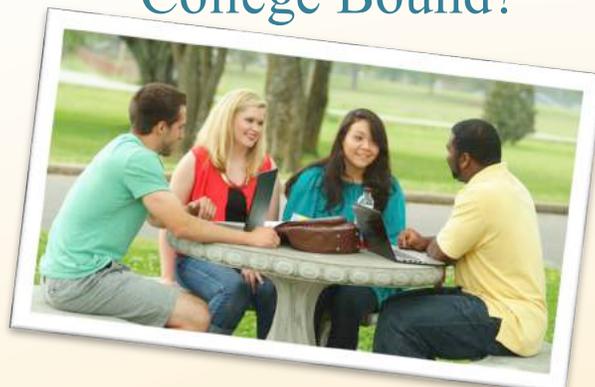
### Most Important: Water

While camping, it is not a good idea to depend on fresh water sources from a lake or stream for drinking, no matter how clean it appears. Bring bottled or tap water for drinking. The best way to make water safe is to boil it. To kill the microorganisms present in water, bring water to a rolling boil and continue boiling for 1 minute.

Food safety should never be forgotten no matter where you are. Keep these guidelines handy while on your next camping adventure to make sure you (and everyone else) has a memorable trip and stays free from food-borne illness.

Find more food safety tips and summer health topics at [www.cdc.gov](http://www.cdc.gov).

## College Bound?



**Keeping up to date with recommended immunizations is the best defense against meningococcal disease. Maintaining healthy habits, like getting plenty of rest and not coming into close contact with people who are sick, can also help.**

Meningococcal disease is a serious illness caused by a type of bacteria. It can lead to meningitis (infection of the lining of the brain and spinal cord) and infections of the blood.

First-year college students living in residence halls are recommended to get vaccinated against meningococcal disease. Meningococcal disease often occurs without warning – even among people who are otherwise healthy. It can spread from person to person through close contact (coughing or kissing) or lengthy contact, especially among people living in the same household.

CDC has [online resources](#) and tools to help parents and doctors make sure all kids are up to date on recommended vaccines and protected from serious diseases. Get your children to the doctor if you discover they need vaccines to protect them against serious diseases. Visit [www.cdc.gov](http://www.cdc.gov) for information on meningitis and other preventable diseases.



# Stay Current!

Want to get all the latest public health news and alerts.  
Visit our website at <http://twp.freehold.nj.us/health>.

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\*The following local health departments form the Monmouth Public Health Consortium:

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Long Branch - Sidney Johnson, Health Officer

Manalapan - W. David Richardson, Health Officer

Middletown Township– Rich DeBenedetto, Director

Monmouth County Regional Health Commission – David Henry, Health Officer