



# Monmouth County Regional Health Commission No. 1

## Back to school immunization

As kids get ready for school, make sure they're fully vaccinated and that you are also vaccinated. Making sure that children of all ages receive all their vaccinations on time is one of the most important things parents can do to ensure their children's long-term health — as well as the health of friends, classmates, and others in the community. The Monmouth County Regional Commission is now offering the following vaccines to its residents:

- **Tetanus, diphtheria and pertussis (Tdap)** is available for ages 10-64, and is suggested as a one-time dose to replace the Td booster for that dose. It was licensed in 2005 and is the first vaccine for adolescents and adults which offers protection against all three diseases. Including pertussis protection ensures that adults do not spread this disease to young infants and children who may not be fully immunized.
- **HPV** is the most common sexually transmitted infection in the United States. **Gardasil**, the HPV vaccine, is a 3-dose series over a period of 6 months and may be administered to males and females ages 9-26. ACIP recommends routine vaccination at 11 or 12 years of age, but can be begun as young as 9 years of age. Catch-up vaccination is recommended for ages 13-26.
- Pneumococcal disease can lead to serious infections such as pneumonia, particularly in the elderly and very young. **Pneumovax** is recommended for adults 65 years of age and up; anyone 2 through 64 with a chronic health problem (sickle cell disease, heart or respiratory condition, cancer), or who is a smoker.
- Meningococcal disease is a potentially severe illness and is a leading cause of meningitis in the US. It can be fatal. The meningococcal vaccine is required for 6<sup>th</sup> grade admittance, and also for admittance to many colleges (for resident students).

Please see our website ([www.mcrhc.org](http://www.mcrhc.org)) for more information or call (732) 493-9520 to register. A \$10.00 administration fee will be charged for each vaccine.

## Tick-Borne Disease

Tick-borne diseases are bacterial illnesses that are spread to humans through infected ticks. New Jersey has seen an increase in tick-borne diseases this year. The following are some things residents can do to protect themselves:

- Avoid wooded areas with dense shrubs, high grass, and a lot of leaves, as these are places where ticks are likely to hide.
- If you hike in the woods, stay to the center of the trail to avoid overgrown vegetation.
- Make your yard less attractive to ticks: mow lawns, clear brush, and remove litter.
- Keep ground under bird feed clean.
- Keep playground equipment, deck, and patios away from yard edges and trees.
- When outdoors, use EPA registered repellent on exposed skin and clothing according to instruction on the product label.
- Wear long, solid, and light-colored clothing with pants tucked into socks. This will prevent ticks from getting under your clothes and attaching to your skin. Light-colored clothes allow you to see ticks crawling on you

# Keeping Yourself Safe at the gym

People go to a gym to work out, so they can stay healthy.

It's also the perfect environment for bacteria and viruses to thrive due to the fact it is an enclosed space that is crowded, warm, and damp. Gym members can take steps to protect themselves from diseases like flu, warts, foot fungus, or even the dreaded staph infection MRSA. Here are some things gym members can do to protect themselves:

- Hand hygiene: washing your hands is key to infection prevention. For example, sneezing into one's hand and then touching exercise equipment can easily spread germs on to those who use the same equipment after you.
- Always take a shower after working. If you don't have time for a shower, at least wash your hands or wipe them down with hand sanitizer.
- Keep your dirty and clean clothes separated. Don't put the workout clothes in with the clothes you plan to change into after showering.
- Avoid fungal infections: Keep yourself protected by changing your athletic socks and underwear immediately after working out to keep sweat from collecting; thoroughly drying out your armpits, groin, and toes after showering.
- Wear flip flops or water shoes when walking around the locker room or pool area to avoid picking up germs or fungus that can cause athlete's foot and other issues.
- Use a barrier, such as clothing or towels, between you and any surfaces you share with others (like gym equipment). Staph and MRSA are most likely to cause problems when you have a cut or scrape that is not covered. That's why it's important to cover your cuts and open wounds with bandages. MRSA can also get into small openings in the skin, like the openings at hair follicles.
- Check out the gym's daily cleaning routine. If exercise mats aren't cleaned between classes, consider bringing your own. A good gym should always provide antibacterial cleaners and wipes for members to use to clean equipment after working out.
- Stay home if you're sick. If you have a cold, give yourself a chance to rest and recover and return to the gym when you are feeling better. If you feel up to working out, try exercising at

# Prevent Mosquito Breeding

Mosquitoes can be annoying and they can be transmitters of encephalitis, malaria, and yellow fever to humans, and heartworms to pets. Mosquitoes must have water in which to lay their eggs and develop into adults. Breeding sources consist of standing water.

The following are examples of potential breeding sites and control strategies that you can use around the home:

- Dispose of all tins, tires and other rubbish containers that may hold water. Those that are saved should be turned upside down.
- Put sand around bases of pot plants to absorb excess water in the dish.
- Keep swimming pools and wading pools empty when not in use so water cannot collect in them.
- Drill holes in tires used for swings, playgrounds and garden surrounds to allow water to drain.
- Empty bird baths and pets' drinking water at least once a week.
- Repair leaky pipes and outside faucets. Don't let runoff water from your air conditioner collect in shady areas.
- Fish readily eat mosquitoes, so keep fish ponds stocked with fish.
- Keep roof guttering in good repair and regularly remove leaves and debris so that pools of water do not form.
- Remove weeds and grass from drains to enable them to drain freely.
- Keep lawns and gardens well maintained so that you are not providing shelter for adult mosquitoes.
- Properly screening windows and doors will keep mosquitoes outside.