



Atlantic County Executive, Dennis Levinson  
Atlantic County Board of Chosen Freeholders  
Joseph F. Silipena, Chairman

## Tick Tips

Protect your family from tick-borne diseases



- Avoid tick infested areas.
- Wear light-colored clothing, which allows you to see ticks.
- Use chemical repellent with DEET and wear protective clothing.



- Safely remove ticks by using fine-tipped tweezers.

- Be sure to protect your bare hands with a tissue or gloves to avoid contact with tick fluids.



- Reduce ticks in your yard by keeping it clean. Have a vegetation-free play area for children.

- If you have been bitten, watch for signs of illness such as rash or fever. See a health care provider if these develop.

## County Celebrates Public Health Week With Awards Ceremony

The Atlantic County Division of Public Health celebrated National Public Health Week by recognizing the recipients of the 2007 Public Health Partnership Award with a reception in their honor. The annual award is presented to community members or agencies that have made a significant contribution to the public health mission by promoting healthy living and healthy communities.

This year's recipients included Jonathan CuvIELLO, Corporate Safety Officer for Shore Memorial Hospital, Mike Gille, Laboratory Director for Atlantic County Utilities Authority and Ellen Wolownik, Director of Kessler-AtlantiCare Home Care in Hammonton.

Jonathan CuvIELLO was recognized for

his active membership in the Atlantic County Emergency Preparedness Task Force, and his contributions in preparing the hospital community for an emergency. Mike Gille was honored for continually providing the Division of Public Health with accurate and efficient water sampling analysis. Ellen Wolownik was acknowledged for partnering with the Division of Public Health to offer home care to residents.



County Executive Dennis Levinson presented certificates to winners of a poster & essay contest

In addition, 1st place winners from area schools who participated in a poster and essay contest, sponsored by the Atlantic County Division of Public Health were presented with certificates and prizes by County Executive Dennis Levinson. ♦

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### Ocean Water Quality Rates "Excellent"

Atlantic County began the unofficial start of summer this Memorial Day weekend with an "excellent" Ocean Water Quality rating. In its twentieth season, the Atlantic County Ocean Water Quality Program ensures safe bathing areas for residents and tourists who visit Atlantic County beaches from Memorial Day through Labor Day.

County Health Officials in cooperation with Atlantic City Health Department take weekly water quality samples at 34 different sites in Brigantine, Atlantic City, Ventnor, Margate and Longport. Each sample is tested for bacteria according to standards set by the New Jersey State Department of Health. To check the latest information on water quality at your favorite beach, you can call the county's toll-free hotline, 1-800-633-SWIM or visit our Web site at [www.aclink.org](http://www.aclink.org). Take a dip...the water's "excellent!" ♦



## From the Health Officer's Desk...

Dear Public Health Partner

I am pleased to present to you the summer edition of the "Partners in Public Health" newsletter.

The Division of Public Health offers a variety of public health services that are available to you and your family. Please share this information with members of your community who may be interested.

Also, information is provided on how to protect yourself from some of the common scourges of summer, "recreational water illnesses and tick-borne diseases." Health educators are available to expand on any of the enclosed topics on an individual or group basis.

Wishing you and your family a safe and healthy summer!



Patricia Diamond Director/Health Officer

## Contact Us

Community Health  
609-645-5933

Environmental Health  
609-645-5971

Health Planning, Education &  
Information  
609-645-5853

Substance Abuse Services  
609-645-5932

Public Health Emergency  
Hotline  
609-677-5720

On the Web:  
[www.aclink.org/publichealth](http://www.aclink.org/publichealth)

## Swim Healthy: Protect Yourself From Recreational Water Illness

**Water safety risks include much more than drowning, slipping or lightning.** Each year many people become sick from germs found in contaminated recreational water. The germs that cause recreational water illnesses (RWI) can be found in pools, lakes and the ocean. You can protect yourself and others by practicing the 6 "Pleas" against RWIs:

### Three "Pleas" for All Swimmers:

- Please do not swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.
- Please do not swallow the pool water. In fact, avoid getting water in your mouth.
- Please practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.



### Three "Pleas" for Parents of Young Kids:

- Please take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too

late.

- Please change diapers in a bathroom and not at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.
- Please wash your child thoroughly (especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.

**Also remember the classic "Pleas" of water safety:**

- Please remember to keep an eye on your children at all times. Remember, kids can drown in seconds and in silence.
- Please protect your child against sunburn by using a sunscreen with at least SPF 15 and both UVA and UVB protection, and be sure to re-apply it after swimming. Even a few serious sunburns can increase the risk of getting skin cancer.

**Please don't use air-filled swimming aids (such as water wings) with children in place of life jackets or life preservers. ♦**

## Public Health Services Are Here For You

**Did you know** that the Atlantic County Division of Public Health offers a variety of programs and services aimed at keeping residents and their neighborhoods healthy?



The Division of Public Health serves the community through four units including **Community Health and Clinical Services; Environmental Health; Health Planning, Education and Information; and Substance Abuse Services.**

The **Community Health Clinic** offers a wide range of clinical programs that includes a variety of health screenings for both men and women including heart disease, cancer, diabetes and other chronic illnesses. Flu and pneumonia shots are available to residents at annual public clinics held throughout the county each fall. Pneumonia shots are also offered year round by appointment. Specialized women's services include pap smears and mammogram prescriptions. Immunizations and screenings for children are also available. In addition, the Community Health Unit tracks and investigates potential contagious illnesses.



**The Environmental Health Unit** works to ensure safe and healthy environments through water testing, investigating public health nuisances, inspecting restaurants and septic systems and responding to public health and environmental emergencies. The Environmental Health Unit

also conducts illegal dumping investigations and controls the spread of diseases such as Rabies and West Nile Virus. This unit also enforces tobacco laws and issues permits to body art establishments throughout our community.

**The Health Planning, Education and Information Unit** works with individuals and groups to provide research, resources and information on health issues that affect our community. Workshops and presentations are available to the public on a variety of health topics. This unit also collaborates with county agencies to prepare for possible health emergencies such as bioterrorism and disease outbreaks. It provides accurate and timely health news and alerts to health care providers, residents and the media.

**The Substance Abuse Services Unit** addresses the problems of drug and alcohol abuse by ensuring the availability of treatment services. Services include detoxifications, inpatient and outpatient services, halfway house programs and substance abuse education. This unit also administers the Intoxicated Driver Program for anyone who has been convicted of driving under the influence and must attend a 12 or 48 hour program in lieu of a jail term.



We invite you to take advantage of our programs and services. For more information, please visit our Web site at [www.aclink.org/publichealth](http://www.aclink.org/publichealth) or call 609-645-5935. ♦



**The Atlantic County Division of Public Health's Free Health Screenings**

By Appointment Only  
609-645-5933

### Live Stronger, Longer Program's Health Screenings:

Blood Pressure, Cholesterol, Fasting Blood Sugar, Hemocult

### Men's Health Clinic:

Blood Pressure, Cholesterol, Diabetes, Hemocult, PSA

### Women's Health Services:

Breast and Gynecological Exam, Pap Smear, Mammogram Prescription

### Sexually Transmitted Disease Clinic

Confidential Testing and Treatment  
Rapid HIV Testing and Counseling  
Mondays—No appointment necessary

### Confidential Substance Abuse Screenings

Call for an Appointment 609-645-5945