

partners in public health

Atlantic County Division of Public Health
201 South Shore Road, Stillwater Building
Northfield, New Jersey 08225



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

To Learn More About Atlantic County Division of Public Health Services...



Community Health
609-645-5933

Health Planning & Education
609-645-5853

Environmental Health
609-645-5971

IDRC/Substance Abuse
609-645-5932

Public Health Emergency Hotline
609-677-5720

On the WEB: www.aclink.org/publichealth

Atlantic County
Division of Public Health
Winter 2005

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Assist Your Community—Become a Volunteer

An emergency can strike at any time. Whether it be a winter storm, health emergency, power outage or fire, these events can drastically effect our community.

Living in a post 9/11 world, it is important that we all do our part to help prepare for an emergency of any kind. Atlantic County residents have always demonstrated a willingness to help others in a time of need. When a public health emergency strikes, Atlantic County needs a core team of residents that is ready and able to assist others when they need it most. Volunteer today and



To learn more about
Public Health in Atlantic County,
call 645-7700 ext. 4227.

learn more about how you can lend a hand in a time of crisis. There are many opportunities to become involved in emergency preparedness. What can you do? The Division of Public Health is seeking both medical and non-medical volunteers to help with staffing clinics, answering phones, directing traffic, etc. in the event of a public health emergency. From general help with client services and support to medical and professional aid in a public health clinic — **YOU CAN HELP!**

For more information about assisting your community and becoming a volunteer, please contact the Atlantic County Division of Public Health at 609-645-7700 extension 4259. We're working together for a safe and healthful community. ♦

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Don't Fall For Flu This Season...

Each year the change in season means changes in temperatures.

Unfortunately, winter welcomes more than just cooler weather, it also brings cold and flu season.



We all know that thousands of people suffer from illness during the winter months. The Atlantic County Division of

Public Health would like to help you and your family stay healthy this year.

Cold and flu germs are spread through respiratory droplets from coughing and sneezing. You can become infected just by touching something with the virus on it and then touching your nose or mouth.

Here are some tips that will help you protect yourself from feeling the ills and chills of the season: *(continued on page 3)*

Division Welcomes New Public Health Officer

The Atlantic County Division of Public Health is proud to welcome Patricia Diamond to the position of Public Health Officer.

Patti has served as the Deputy Public Health Officer for the last fifteen years during which time she managed the Environmental Health Unit and assisted in the development of the county's Bioterrorism Preparedness Plan. She is replacing former Public Health Officer Tracye McArdle who has retired.

As Public Health Officer, Patti will oversee the promotion of health and wellness throughout the county as well as the regional public health services that are provided to county municipalities. She will also work closely with law enforcement, emergency management and

community health agencies to provide countywide emergency preparedness and response.

"I look forward to working with our community partners and continuing the tradition of public health services in Atlantic County."
-Patricia Diamond



Atlantic County Health Officer
Patricia Diamond

Patti is a member of the American Public Health Association, the New Jersey Environmental Health Association and the Central Atlantic States Association of Food and Drug Officials. ♦

Winter Weather is on its Way

Ready or not...winter weather is on its way.

Exposure to cold temperatures, whether you are indoors or outside, can cause serious or life-threatening health problems. We have some tips to help you beat those winter woes.

Be sure to prepare for an extremely cold winter. Keep a winter survival kit that includes water stored in clean containers, food that needs no cooking or refrigeration, and medication that any family member may need. Batteries, blankets, a first-aid kit and flashlight are also essential incase of a weather related emergency.

Adults and children alike should dress warmly and stay dry if you are outdoors. **Layer clothing** and wear a hat, scarf, sleeves that are snug at the wrist, coats and boots.

Do not ignore shivering. It's an important first sign that the body is losing heat. Persistent shivering should be a signal to return indoors immediately.

Avoid exertion. Cold weather puts an extra strain on the heart. If you must do outdoor chores, dress warmly and work slowly. Your body is already working hard just to stay warm, so don't overdo it.

Eat and drink wisely. Eating a

well-balanced meal will help you stay warmer. Do not drink alcoholic beverages-they cause your body to lose heat more rapidly. Instead drink warm, sweet beverages to maintain body temperature. Preparing for weather emergencies and taking preventative action can help you stay healthy and warm this winter. ♦



Don't Fall For Flu This Season... continued from page 1



- Cover your mouth every time you cough, sneeze or yawn.
- Promptly dispose of used tissues.
- Wash your hands with soap and water often.
- Avoid touching your eyes, nose and mouth.
- Use paper towels to dry hands and turn the water

off with paper towels, not your bare hands.

- Stay home and avoid close contact with people when you are sick.

Also, be sure to make an appointment to see your healthcare provider if you have a high-risk medical condition. To learn more about cold and flu prevention, please visit the county website at www.aclink.org. ♦

Monthly Health Observances

January

National Blood Donor Month
National Birth Defects Prevention Month
Cervical Cancer Screening Month

February

American Heart Month
National Children's Dental Health Month

A Low-fat Dessert Recipe



Pumpkin Cheesecake

Ingredients:

- 1/3 cup graham cracker crumbs
- 1 can (16 ounces) solid pack pumpkin
- 2 cups low-fat ricotta cheese
- 3/4 cup sugar
- 3 tablespoons all-purpose flour
- 1 tablespoon nonfat dry milk powder
- 1 tablespoon ground cinnamon
- 1 teaspoon ground allspice
- 1 egg white
- 3/4 cup canned evaporated skim milk
- 1 tablespoon vegetable oil
- 1 tablespoon vanilla

Directions:

Preheat oven to 400 degrees. Spray 9-inch springform pan with nonstick cooking spray. Add graham cracker crumbs; shake to coat pan evenly. Set aside. Combine pumpkin and ricotta cheese in food processor or blender; process until smooth. Add sugar, flour, cinnamon, allspice, egg white, evaporated skim milk, oil, and vanilla; process until smooth. Pour mixture into prepared pan. Bake 15 minutes. Reduce oven temp. to 275; bake 1 hour and 15 minutes. Turn off oven; leave cake in oven with door closed for 1 hour. Remove and cool on wire rack. Remove pan sides, cover and refrigerate for 4 hours. (121 calories, 2g fat)

We're here for you...



We all live in a busy world that is full of daily change and uncertainty. Isn't it nice to know that there are people within your community who are working to keep you and your environment safe and healthy?

The Atlantic County Division of Public Health offers health services that enhance your work, your family, your neighborhood and your life. Our goal is to offer you a helping hand when you need it. We want to be certain that the latest information on a wide variety of health topics is always right at your fingertips.

The Division of Public Health is providing this quarterly newsletter to you, so you can learn valuable health information. Are you aware of all of the services and information that we have to offer you? Take a moment to read this FREE newsletter and be sure to share it with your friends and family.

If you have questions or comments, please call us today at 609-645-7700, extension 4227. Remember, we're here for you. ♦