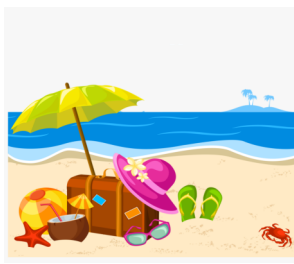


Your Health Your Life



Atlantic County
Division of Public Health
Newsletter
Summer 2022

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes

Cover Up: Wear a hat (preferably wide brimmed) or other protective clothing to shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and sunglasses for eye protection.

Stay in the Shade: The sun's glare is most intense between 10 a.m. and 4 p.m.

Choose the Right Sunscreen: Use sunscreen with a protection factor (SPF) of at least 15 or higher and make sure it says *Broad Spectrum*. That offers protection against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

Use the Right Amount of Sunscreen: Apply at least one ounce (a palmful) of sunscreen every two hours. Apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions you and your loved ones can enjoy the sun. If you are having any problems after being in the sun, talk to your healthcare provider. For more information visit www.cdc.gov



Barbecue Food Safety

- Marinate foods in refrigerator, not on the counter or outdoors. Don't reuse marinade unless boiled.
- Cook meat to a safe internal temperature.
Stick the food thermometer in the thickest part of the meat.
 - Cook ground beef, pork, and hamburger patties to 160°F.
 - Whole or ground chicken or other poultry to 165 degrees° F.
 - Hot dogs, sausages to 165 degrees° F.
 - Steaks, chops, ribs of beef, pork, veal, and lamb to 145°F
 - Fish and shellfish to 145°F.
- Use a different platter and utensils for raw and cooked meats.
- Wash hands before and after handling raw meat and chicken.

For more tips visit www.cdc.gov/foodsafety/communication/bbq



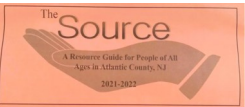
Protect Your Family and Pets Prevent Rabies

Rabies is a deadly disease caused by a virus. You can become infected with rabies through the bite of an infected animal or by getting saliva from an infected animal into your eyes, mouth, or an open wound. The best way to prevent rabies is to **avoid contact with wildlife and keep your pet's rabies vaccination up-to-date.**


Remind your kids not to touch or feed stray cats or dogs wandering in the neighborhood or elsewhere and teach them to stay away from wild animals such as bats, raccoons, skunks, and foxes.

The Atlantic County Animal Shelter, located at 240 Old Turnpike Road in Pleasantville, offers free rabies vaccination by appointment only. Call 609-485-2345 or visit atlantic-county.org/animal-shelter/





The Source
A RESOURCE GUIDE
FOR PEOPLE OF ALL AGES
IN ATLANTIC COUNTY
available in English
& Spanish at aclink.org
or scan the QR code



Contact Christine King
609-645-7700 ext.4381
to request paper copy



Atlantic County Division of Public Health: Working for Healthy People and Healthy Communities
Atlantic County Executive
Dennis Levinson
Atlantic County Board of Commissioners
Maureen Kern, Chairwoman

Vaccines are

safe and effective

at preventing **serious diseases**.



August is National Immunization Awareness Month

As your children head back to school this fall, it is important for you to speak with their health care provider to make sure they get caught up on missed well-child visits and are up-to-date with recommended vaccines.

You have the power to protect your children against serious diseases. Children who are not vaccinated are at

increased risk for illness and can spread disease to others in their play groups, child care centers, classrooms and communities.

Immunizations are available at the Atlantic County Division of Public Health for children 18 years and younger residing in Atlantic County who are uninsured or have NJ Family Care Plan A Insurance. Call 609-645-7700 ext. 4500 to schedule an appointment.

Remember to take care of yourself too! Vaccines aren't just for kids. Ask your doctor about vaccines you may need for your age, health conditions, job, or lifestyle. For more information about vaccines and preventable diseases visit www.cdc.gov/vaccines. Talk to your doctor, nurse or healthcare professional to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination.

Warmer Weather Leads to Greater Risk for Tick- and Mosquito-Borne Illnesses

Avoid Contact: Stay indoors at dawn and dusk, which are peak mosquito biting times. Avoid tick-infested areas such as tall grass and dense bushes. Check yourself, your children and pets often for ticks. Bathe or shower within two hours after being where ticks live .

Wear Protective Clothing: When weather permits, wear long-sleeves, long pants and socks when outdoors. Tuck your pants into sock tops or boots and wear light-colored clothing to make it easier to find crawling ticks.

Drain Standing Water: Reduce the number of places mosquitoes can lay their eggs and breed.

- Remove water in old tires, buckets, garbage cans, or any other containers.
- Clean out gutters and unblock drainage ditches.
- Empty water in plant pots and plastic wading pools at least once a week.
- Check tarps on boats, grills and other equipment that may collect water.
- Change water in bird baths and pets' water bowls at least twice a week.

Use Insect Repellents: Use an EPA-registered insect repellent such as those with DEET, picaridin, or oil of lemon eucalyptus. Even a short time outdoors can be long enough to get mosquito and tick bites. Always follow label instructions.



Tick Removal



Grasp tick close to your skin

Pull gently with backward pressure

Wash area with soap, water

It can take 3 to 14 days to become sick after a tick bite.

If you experience symptoms such as fever, rash, severe headache, chills, nausea or vomiting, muscle and joint pain and weakness you should see a doctor right away.