



Public Health
Prevent. Promote. Protect.

Princeton Health Department

Princeton Health Matters

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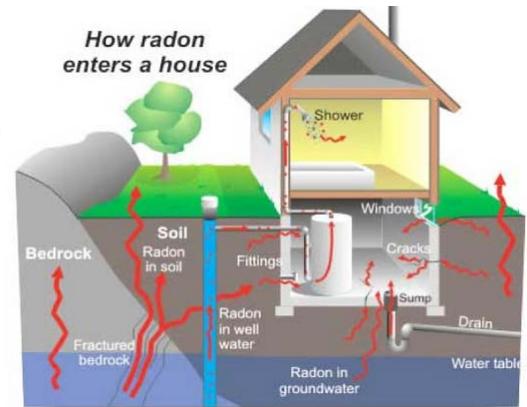
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Winter is the best time to test your home for Radon

What is Radon? Radon is an odorless, radioactive gas that is naturally present in the ground and enters houses through their foundations. When inhaled, it gives off radioactive particles that can damage the cells that line the lungs. Breathing radon for extended times increases the risk of lung cancer. Where does radon come from? The soil. Radon is produced from the natural decay of uranium that is found in nearly all soils. Uranium breaks down to radium. As radium disintegrates it turns into radioactive gas...radon. As a gas, radon moves up through the soil and into the air you breathe. Since radon is widespread and concentrations vary greatly from home to home, every home having contact with the ground should be tested.

How serious a problem is radon in Princeton? High radon exists in every state in the US. Princeton ranks as a Tier I radon potential, meaning there is a high radon potential for homes in Princeton. Levels of radon can not only differ from town to town, but from neighbor to neighbor. You might get a reading and your neighbor might not get anything. That is why it is important to have your home tested.

If your home's radon level is elevated, the exposure could increase one's risk of lung cancer. However, a home's radon level can be substantially reduced. The cost for reducing radon in your home is \$900-\$1,500, and the investment could make a home easier to sell.

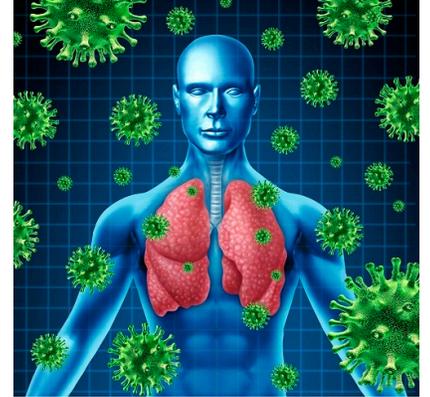


The US Environmental Protection Agency estimates that radon is the second leading cause of lung cancer after smoking and is responsible for several thousand preventable lung cancer deaths each year. Radon testing is a small investment that can pay big dividends for homeowners. The Princeton Health Department has radon test kits available for Princeton residents.

For comprehensive radon information, go to www.njradon.org or call the Princeton Health Department at (609) 497-7608.

Preventing Pneumonia

Pneumonia, an infection of the lungs that needlessly affects millions of people worldwide each year. In the United States, about 1 million people are hospitalized with pneumonia, and about 50,000 people die from the disease yearly. Most of the hospitalizations and deaths from pneumonia in the United States are in adults rather than in young children. Viruses, bacteria, and fungi are all potential causes of the infection. A common cause of bacterial pneumonia is *Streptococcus pneumoniae* (pneumococcus).



Those more likely to become ill with pneumonia include: adults 65 years of age or older; children younger than 5 years of age; people who have underlying medical conditions (asthma, diabetes, or heart disease) and people who smoke cigarettes.

You can limit your risk of infection by limiting your contact as much as possible with those who are ill. Wash your hands frequently. Clean surfaces regularly. Receive immunizations to prevent pneumonia!

The Centers for Disease Control and Prevention (CDC) now recommends 2 pneumococcal vaccines for adults 65 years or older. The new recommendation includes a dose of PCV 13 known as Prevnar 13.

You should receive a dose of pneumococcal conjugate vaccine (PCV-13-Prevnar 13) first, followed by a dose of the pneumococcal polysaccharide vaccine (PPSV23), ideally 6-12 months later. If you have already received a dose of the standard pneumonia shot known as PPSV23, a dose of Prevnar 13 may be given as soon as one year later. Infants already receive Prevnar 13 at 2, 4, and 6 months with a booster at 12 months, to guard against pneumonia.

Check with your health care provider about the benefits of pneumococcal vaccination. The Princeton Health Department offers pneumococcal vaccinations, call the Princeton Health Department for more information (609)497-7608.



Health Officer's Message: Protect Yourself From the Zika Virus

The Princeton Health Department is reminding all residents traveling to warmer climates for the winter to take special precautions if you are traveling to counties with active Zika virus transmission. Zika has spread to about 28 countries and territories that include popular winter destinations such as Mexico and Puerto Rico. For the latest list of the current CDC travel advisories go to wwwnc.cdc.gov/travel/page/zika-information. We want you to have a safe trip which includes taking precautions and keeping yourself protected from mosquitoes.

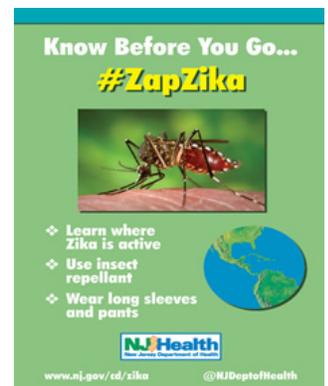
Zika can be spread from a pregnant woman to her unborn baby. There have been reports of a serious birth defect of the brain called microcephaly and other poor pregnancy outcomes in babies of mothers who were infected with Zika while pregnant. If you are pregnant, you may want to postpone your trip. So far there are 193 travel-associated Zika virus disease cases across the United States. New Jersey has two travel-related confirmed cases. The primary mosquito that transmits Zika virus is found in the tropics and southern U.S., but it is not established in New Jersey.

Zika virus is primarily transmitted through a mosquito bite, and there is no indication that it can spread from person to person through casual contact. Of people infected with the Zika virus, 80 percent do not have any symptoms. When symptoms occur, they are often mild, lasting from several days to a week, and include fever, rash, joint and muscle pain, conjunctivitis (red eyes), and headache. Severe disease requiring hospitalization is uncommon.

Prevention of mosquito-borne Zika virus transmission is the same as prevention of any other mosquito-borne diseases. You will want to use EPA-registered insect repellents and wear long-sleeved shirts and long pants where and when mosquitoes are most active. There is no vaccine available for Zika virus.

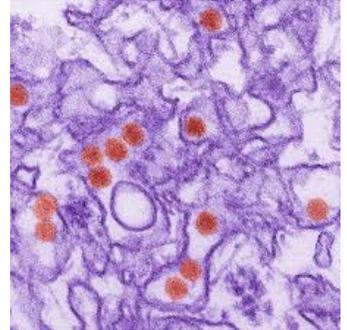
Zika virus can also be spread through a man to his partner by sexual transmission. Men who have traveled to an area of active Zika virus transmission should use condoms every time during sex or abstain from sexual activity if their partner is pregnant. At this time, there is no evidence that women can transmit Zika virus to their sex partners.

The New Jersey Department of Health has started a social media campaign to bring awareness and education to residents, pregnant women, and families. The messages provide important information on items to bring on vacation and where the Zika virus is being transmitted. Go to the NJDOH website at www.nj.gov/health/cd/zika for more information.



PHD: Did You Know?

1) **Zika** in NJ and the U.S.: The Princeton Health Department closely monitors for Zika virus disease. Zika is one of several mosquito-borne diseases that may infect travelers. There have been 2 confirmed cases of travel associated Zika virus in NJ. Public health surveillance systems are in place to monitor local outbreaks regarding communicable disease, lead poisoning, etc. Our Public Health Investigators respond quickly to protect the public's health.



2) **National Public Health Accreditation:** In January, the Princeton Health Department was granted access to the online PHAB system and began submitting documentation towards national public health accreditation. This process seeks to advance quality and performance within public health departments. Never before have a set of standards and measures been established to gauge performance of health departments nationwide. The Princeton Health Department is striving to be the first Nationally Accredited Health Department in Mercer County. Stay tuned for more exciting accreditation news!



Helping raise the standard for public health.

3) **Lyme Disease Watch** : As old man winter departs, outdoor activities will once again be at the forefront of our daily routine.

LYME DISEASE ALERT

DO A THOROUGH BODY CHECK FOR TICKS AFTER BEING OUTDOORS.

How To Remove A Tick



- Using tweezers, grasp tick near the mouth parts, as close to skin as possible.
- Pull tick in a steady, upward motion away from skin.
- DO NOT use kerosene, matches, or petroleum jelly to remove tick.
- Disinfect site with soap and water, rubbing alcohol or hydrogen peroxide.
- Record date and location of tick bite. If rash or flu-like symptoms appear contact your health care provider immediately.



Deer tick size (left to right)
Larva, nymph, adult

DISEASE RISK IS REDUCED IF TICK IS REMOVED WITHIN 36 HOURS.

Princeton Health Department

Outside activities unfortunately can include increased exposure to tick-borne diseases. Did you know that 95% of Lyme disease cases occur in only 14 states? In 2015 alone, there were 61 cases of Lyme disease in Princeton that were investigated by the Princeton Health Department, constituting one of the most prevalent illnesses in our community. Remember to check yourself and loved ones regularly for ticks and try wearing light colored clothing in order to spot them quickly.

Announcements and Upcoming Events

Healthiest Nation 2030



APRIL 4-10, 2016 #NPHW

April 4th-April 10th is National Public Health Week. Championed by the American Public Health Association, the first full week of April is a time to recognize the contributions of public health and highlight issues that are important to improving our nation. 2015 marks the 20th anniversary of APHA coordinating National Public Health Week, and the accomplishments of the public health community over the last two decades are significant, such as a 25-year improvement in the average lifespan for Americans and a 70 percent reduction in HIV/AIDS-related deaths. Princeton Health Department is an active member of the APHA and will be participating in NPHW through a series of community health screenings and educational events.

Princeton WIC clinic operates on the 3rd Friday of every month and is located in the Community Room of the Princeton Municipal Building (Witherspoon Hall), 400 Witherspoon Street. WIC provides supplemental nutritious foods to pregnant, breastfeeding, and postpartum women, infants, and children up the age of five. For appointments and to see if you are eligible, please call (609)498-7755.



The Princeton Health Department will be hosting a free rabies vaccination clinic on **Saturday, March 5 (9 a.m.-12 p.m.)** The rabies clinic will be held at the Mercer Engine Company No. 3, located at 363 Witherspoon Street, Princeton, NJ 08540.

Princeton Health Department will be providing a special Stress Management talk to seniors at Princeton Community Housing Thursday, March 3rd from 11:45am-12:45pm. Attendees will learn about identifying warning signs of stress, learning about techniques to reduce your stress & anxiety, building stress resistance and more.



Public Health Matters...in Princeton!

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