

Middle-Brook Regional Health Commission

www.middlebrookhealth.org

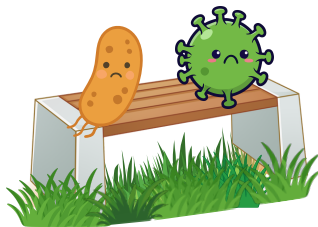
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One Team. One Goal. Public Health.

Game plan for staying healthy this summer.

The United States 250th Anniversary, World Cup celebrations, traveling, and summer events bring excitement and fun times, but also bring opportunities for germs to spread! Whether you are cheering at watch parties, celebrating at community events, or gathering at backyard cookouts — simple steps can help keep everyone healthy.



Keep germs on the bench.

Prevent the spread of germs by practicing hand hygiene:


- Wash hands often with soap and water for 20 seconds
- Cover coughs and sneezes
- Stay home when sick
- Clean and disinfect frequently-used surfaces

Traveling? Kick-off your vacation with a healthy start.


Take steps to prepare before your adventure:

- Check your destination for specific health risks and safety concerns: wwwnc.cdc.gov/travel/
- Stay up to date on your routine vaccinations
- Visit your health care provider 4-6 weeks before you leave to discuss any additional vaccinations you may need



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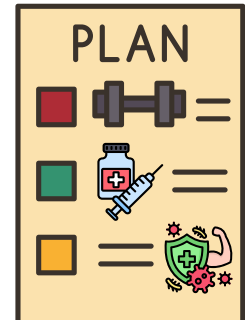


Public Health
Prevent. Promote. Protect.
Middle-Brook Regional
Health Commission

Practice Makes Prepared

Strong defense starts before game day

Routine vaccines help train your immune system so it's ready to protect you when it matters most. Just like athletes train before game day, your body needs time to build strong defenses against serious diseases. Staying up to date on vaccinations is one of the best ways to protect yourself, your family and your community.



✓ **Build immunity**

Helps your body learn how to protect against preventable diseases. Vaccines work by imitating a bacteria or virus. Vaccines raise the body's defense responses and trains the body to recognize and prevent infection by creating antibodies. Antibodies fight off germs to keep you healthy.

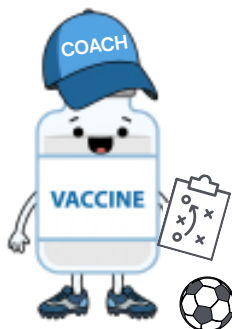
✓ **Prevent severe illness**

Even if you get sick, vaccines prevent serious health outcomes. When the body encounters the bacteria or virus in the future, the immune system is better-trained to protect from serious illness.

✓ **Protect communities**

It starts with you! Vaccines stops germs in their path, and prevents the spread of disease to family and friends.

Vaccine-preventable diseases are a team effort. Talk to a healthcare provider about which vaccines are recommended for you and your family. Uninsured or underinsured individuals who qualify can receive health services through the Community Visiting Nurses Association. For more information or to make an appointment, call 908 725-9355.



Learn about Immunization schedules:

- For child and adolescent immunization schedules, visit aafp.org
- For adult immunization schedules, visit aafp.org

For more information on vaccines, visit: vaccineinformation.org/


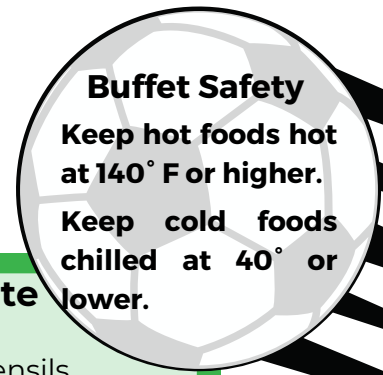
Don't Let Bacteria Score

Food safety defense makes a good offense against food-borne illness

Food-borne illness tends to increase during the summer months. Warm weather gives bacteria a home-field advantage, especially during cookouts, picnics, and outdoor gatherings away from refrigerators, thermometers, and sinks. Don't let your food safety defense suffer at the goal line. Follow the guidelines below to help prevent food-borne illness.


Foodborne illness can affect anyone, but those most at risk include:

- Adults 65+
- People who are immunocompromised
- Young Children
- People who are pregnant




Clean

- Wash your hands for 20 seconds with soap and water (before, during, and after preparing food)
- Clean and sanitize utensils, cutting boards
- If you are at a picnic bring moist towelettes to use



Separate

- Separate plates and utensils
- When grilling, use separate plates and utensils for raw and cooked meat/ poultry
- keep raw foods away from ready-to-eat foods



Cook

- Thaw frozen food in the refrigerator
- Cook food to proper internal temperature to kill harmful bacteria:
 - Fish, meat, and pork to 145 °F
 - Ground Meat to 155 °F
 - Poultry to 165 °F
- Use a calibrated food thermometer



Chill

- At a picnic, perishable food should be kept in an insulated cooler covered with ice or ice packs
- Chill leftovers promptly, especially if its hot outside
- Consume or freeze leftovers within 3-4 days

 **Avoid preparing or handling food for others if you are sick**

USDA Meat and Poultry Hotline: 1-888-674-6854



Click or scan QR for more information on grilling and food safety.

More Information at:
www.foodsafety.gov



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Beat the Heat



Prevent heat-related illness







When the heat is on, stay match ready. Extreme heat is a period of 2-3 days of high heat and humidity with temperatures above 90 degrees. In extreme heat your body works overtime to maintain a normal temperature, which can be dangerous.

Heat-related illness can affect anyone. Those most at risk are adults 65+, young children, outdoor workers, people with chronic conditions, people on certain medications, and those who without AC.

Prepare for extreme heat

- Learn the signs and symptoms of heat related illness.
- Identify local cooling centers.
- Cover your windows with drapes or shades.
- Weather-strip doors and windows.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing out hot air.

Be safe during extreme heat

-  Drink plenty of fluids
-  Wear light, loose fitting clothing
-  Never leave people or pets in a closed car
-  Avoid strenuous activities
-  Watch for heat-related illness
-  Check on family members and neighbors

***Call 9-1-1 and seek immediate medical attention if heat related symptoms worsen or last longer than one hour.**



A bad sunburn can throw your body off its game, making it harder to cool down in extreme heat. Be a champion and review our sun safety checklist:

- ✓ Time it right: plan outdoor activities before 10 am or after 4 pm
- ✓ Seek shade: under a tree or use an umbrella
- ✓ Use broad spectrum sun screen (SPF of 30+)
- ✓ Wear a wide-brimmed hat
- ✓ Wear UV-blocking sunglasses



For more information, visit: ready.gov/heat and weather.gov.



Spark Pride, Not Accidental Fires

Outdoor fire safety

Unintentional actions are the leading cause of outside fires. Keep fire safety in mind when celebrating the U.S. Semiquincentennial, whether you are enjoying spending time outdoors, camping, or grilling.

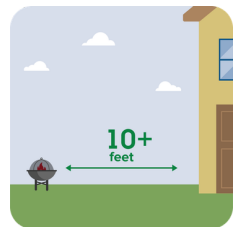
Grill fire safety



- Keep a 3-foot safe zone around your grill.
- Place your grill well away from siding and deck railings and out from under eaves and overhanging branches.
- Keep an eye on your grill. Do not walk away from it when it is lit.
- Clean your grill after each use. This will remove grease that can start a fire.
- Place the coals from your grill in a metal can with a lid once they have cooled.

Fire pits, campfires, and outdoor fireplaces

- Use chimineas, outdoor fireplaces, and fire pits outdoors only. Keep at least 10 feet away from your home or anything that can burn.
- Use a metal screen over wood-burning fires to keep sparks from floating out.
- Closely watch children when the fire pit is in use.
- Store matches and lighters out of children's sight and reach.
- Turn off or put out fires completely before you leave.



Fireworks



- Fireworks are dangerous to people and pets. Using them puts your property at risk.
- Attend a public fireworks display put on by professionals.

Did You Know?

Sparklers can reach 1,200 degrees F and cause third-degree burns.

For more information, visit: usfa.fema.gov/prevention/outdoor-fires

Crowd awareness and personal safety. As we commemorate the 250th Anniversary and gather to honor our nation this summer, it is important to keep personal safety in mind when near or in large crowds or other mass gatherings. Being prepared in case of emergency may include:

Discuss a communication plan:

- Tell someone what your plans are, where you will be, and when you might check in with them after the event for awareness.
- Discuss with friends or family where you may meet up in case of emergency. Think of two locations, one close to the event and one further from the event that can serve as a place to meet up if you are separated.

Create an exit plan:

- Be aware of event exits, even if outdoors, locate the emergency exits closest to you.
- Take notice of suspicious behavior and notify event security. Call 9-1-1 in case of emergency. Stay calm and listen to officials if they tell you to leave the area.

Learn more about crowd safety at [ready.gov/mass-gatherings-incidents](https://www.ready.gov/mass-gatherings-incidents)

Safe celebrations start at home. Prevent accidental exposures and a trip to the emergency room this summer. The following information is courtesy of the New Jersey Poison Control Center [njpoies.org](https://www.njpoies.org) | 1-800-222-1222



Lock up edibles, medicines, and vapes Keep nicotine, vape pens, and edibles containing marijuana locked up and away from children and pets to prevent accidental ingestion or use.



Grill safety: Grills can produce carbon monoxide. Never use them indoors or in enclosed areas. Lock up lighter fluid and charcoal to prevent accidental ingestion by children and pets.



Backyard and outdoors: Be aware of poison ivy, oak and sumac; their oils cause itchy rashes. Store torches and other lamp fluids safely because they resemble apple juice containers and are dangerous if swallowed. Avoid consuming wild plants and mushrooms, they can cause serious illness or death.

Call the NJ Poison Control Center at 1-800-222-1222 (available 24/7)

If someone is not breathing, hard to wake up, or having a seizure, call 9-1-1