

Middle-Brook Regional Health Commission

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July 2024 Newsletter

Traveler's Health

Are you traveling this summer? Check your destination on [CDC's Travelers' Health](#) page for location specific health risks and safety concerns. You may need to take additional steps to protect yourself and your loved ones.



ALERTS

INCREASED RISK OF DENGUE VIRUS INFECTIONS IN THE UNITED STATES

The CDC issued a Health Advisory on June 25th to notify the public of an increased risk of dengue virus infections in the United States due to ongoing outbreaks in the Americas. Dengue is caused by the bite of an infected mosquito. There is no specific treatment, so it is important to prevent mosquito bites by using EPA-registered insect repellent during travel to and after returning from areas with frequent or continuous dengue transmission.

Read more at www.nj.gov/health/cd/topics/dengue.shtml

GLOBAL & DOMESTIC INCREASE IN MEASLES

There is currently an increase in measles cases in the U.S. and internationally. To prevent infection and reduce the risk of community transmission from importation, U.S. residents traveling internationally should be current on their MMR vaccinations.

Read more at www.nj.gov/health/cd/topics/measles.shtml

For more information, visit: wwwnc.cdc.gov/travel



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Ultraviolet (UV) Awareness Month

July is UV Awareness Month. UV stands for ultraviolet and describes the intensity of ultraviolet radiation from the sun. There are also artificial sources of UV radiation like tanning beds.

The **UV index**, provided by the [US Environmental Protection Agency \(EPA\)](#) and [National Weather Service \(NWS\)](#), is a helpful tool that provides a forecast of the expected risk of overexposure to UV radiation from the sun. The UV Index ranges on a 1-11+ scale. Learn how to read the UV index scale to help you avoid harmful exposure to UV radiation. Take steps to protect yourself from UV radiation.

Exposure Category	Index Number	Sun Protection Messages
Low	<2	You can safely enjoy being outside. Wear sunglasses on bright days. Use SPF 15+ sunscreen.
Moderate	3-5	Take precautions if you will be outside, like wearing a hat and sunglasses. Use SPF 30+ sunscreen. Seek shade during midday hours.
High	6-7	Protection against sun damage is needed. Wear a wide-brimmed hat and sunglasses, Use SPF 30+ sunscreen. Wear long-sleeved & pants when practical. Seek shade during midday hours.
Very High	8-10	Protection against sun damage is needed. A shirt, hat and sunscreen are a must, and be sure you seek shade. Keep in mind that white sand and other bright surfaces reflect UV and can double UV exposure.
Extreme	11+	Protection against sun damage is needed. If you need to be outside during midday hours between 10 am and 4pm, take steps to reduce sun exposure. A shirt, hat, and sunscreen are a must.

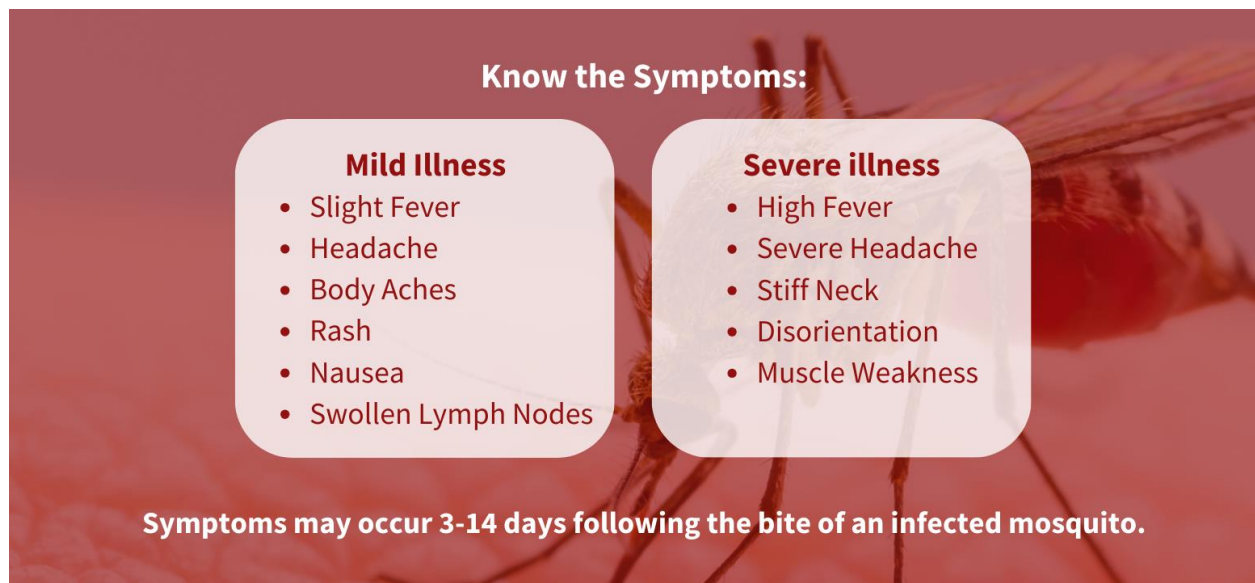
Protect yourself from UV radiation year-round:

- Apply a broad spectrum, water-resistant sunscreen with an SPF of 30 or higher
- Wear sun-protective clothing
- Seek shade when appropriate

For more information, visit: www.epa.gov/sunsafety/uv-index-1

Mosquito-borne Illness

Mosquito bites can make you sick. Mosquito-borne illness is transmitted to individuals by the bite of an infected mosquito. Mosquitoes become infected when they feed on birds or mammals carrying diseases. Everyone is at risk for mosquito-borne diseases, especially outdoor workers, those who spend time outside, and those traveling to locations with high rates of mosquito-borne disease transmission. Older adults and people with weak immune systems are more at risk of experiencing severe illness from mosquito-borne infections.



Know the Symptoms:

- Mild Illness**
 - Slight Fever
 - Headache
 - Body Aches
 - Rash
 - Nausea
 - Swollen Lymph Nodes
- Severe Illness**
 - High Fever
 - Severe Headache
 - Stiff Neck
 - Disorientation
 - Muscle Weakness

Symptoms may occur 3-14 days following the bite of an infected mosquito.

If you or your family member think they have a mosquito-borne illness, call and visit your healthcare provider.

If you are traveling, check your destination and take steps to prevent mosquito-borne illness. Visit: <https://wwwnc.cdc.gov/travel>

For more information, visit:

www.cdc.gov/mosquitoes

www.nj.gov/health/cd/topics/mosquitoborne.shtml

Mosquito Prevention and Control

Standing water is an area where mosquitoes breed. It only takes 7-10 days for them to complete their life cycle. Everyone can help control mosquitoes. Protect yourself and those around you:

- Use an Environmental Protection Agency (EPA)-registered insect repellent. Always follow the label instructions.
- Wear loose, light-colored clothing that covers exposed skin.
- Ensure your doors and window screens are installed properly and aren't damaged.
- Drain outdoor standing water frequently. Regularly check areas where still water may be present:
 - Gutters and drains
 - Pool covers
 - Flowerpots, pet dishes, and bird baths
 - Garbage and recycling containers
 - Swing sets, lawn furniture, and other outdoor decorations
- If you have a body of water that cannot be emptied or covered, treat it with a larvicide.
- Maintain your yard by clearing debris.

For more information, visit:

www.state.nj.us/dep/mosquito

www.cdc.gov/mosquitoes/prevention/



NJPIES Summer Safety

The following information is courtesy of the New Jersey Poison Control Center
www.njpies.org | 1-800-222-1222

Prevent accidental exposures and a trip to the emergency room with these safety tips for summertime:

- **Substances** - Keep nicotine, vape pens, and edibles containing marijuana locked up and away from children and pets to prevent accidental ingestion or use.
- **Grills** - 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.
- **Watch out for look-alike products:**

Mints or Nicotine?

Mints or CBD?



Alcoholic or Non-alcoholic?



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



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Critter Prevention



Keep unwanted critters away **Insects, Rodents, Wildlife**

- Remove any food and water source outdoors
- Empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, toys, pools, birdbaths, flowerpot saucers, or trash containers.
- Maintain short grass.
- Clear away any accumulated branches, leaves, and debris.
- Use garbage cans with tight fitting lids.
- Keep firewood piles off the ground.
- Install screens on windows and doors and repair any holes.
- Inspect and seal foundation cracks, holes, or openings.



For more information, visit:

www.cdc.gov/healthy-pets/about/wildlife.html

www.epa.gov/rodenticides/about-rats-and-mice

www.cdc.gov/vector-borne-diseases/fight-the-bite/index.html

BAKED TROUT

Ingredients

- 2 pounds trout fillets, cut into six pieces (or other fish)
- 3 tablespoons lime juice (about 2-3 limes)
- 1 medium tomato, chopped
- 1/2 medium onion, chopped
- 3 tablespoons cilantro, chopped
- 1/2 teaspoon olive oil (or cooking oil of choice)
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- red pepper (1/4 teaspoon, optional)



photo source: myplate.gov

Makes 6 servings

This dish is the perfect mix of sweet and savory flavors

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. Pat fish dry and place in baking dish.
4. In a separate dish, mix remaining ingredients together and pour over fish.
5. Bake for 15 to 20 minutes or until fork-tender.

For more recipes, visit: www.myplate.gov

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