

AUGUST NEWSLETTER

MONTCLAIR HEALTH DEPARTMENT

Are you up to date on your vaccines? Catch up this National Immunization Awareness Month!

August of 2023 marks ten years since the first observation of National Immunization Awareness Month. During this month, the significance of people of all ages being immunized against vaccine-preventable diseases is emphasized. It is important that people get vaccinated not only for their own health and wellbeing, but for the safety of those around them, especially those who are unable to be vaccinated themselves.

Over the last few years, and particularly since the beginning of the COVID-19 pandemic, there has been a decrease in routine vaccination rates of kindergarten children entering school. Children who are unvaccinated can put older adult caretakers, such as grandparents, immunocompromised family members, and other vulnerable contacts at risk for life threatening diseases.

CDC estimates that at least 250,000 children who began kindergarten during the pandemic are susceptible to vaccine preventable diseases.

Thanks to vaccines, there are many diseases, such as Mumps, Measles, Rubella, and Polio, that are no longer as common in the United States. However, due to global travel, it is easier for these diseases to be transmitted, particularly among the unvaccinated population. Protect yourself and your loved ones and get back on track with your routine vaccines today!

Tips to Catch Up on Vaccines

- Utilize the CDC's Adult and Children Vaccine Quiz to determine which vaccines you may need.
- Talk to your doctor to discuss when and where to get the vaccine as well as any potential side effects and post-vaccine care.
- Be sure to follow up with vaccine series - If you've received your first dose, make appointments for additional doses in a vaccine series while you are still at the doctor's office.
- Do your research! - There are so many myths surrounding vaccines. Make sure your information comes from a credible source.

RSV Season is Right Around the Corner! - New FDA-Approved RSV Vaccine for Adults

Respiratory Syncytial Virus, or RSV, is a common respiratory virus that has the potential to be dangerous and even life threatening. **All older adults and those with underlying health conditions and/ or weakened immune systems are at high risk for contracting RSV.** In the United States, RSV season typically begins in the fall and peaks during the winter. With fall just around the corner, it's time to start thinking about how you can protect yourself and your loved ones. Wash your hands frequently, avoid touching your face, cover your mouth and nose when you cough or sneeze, and stay home when you're sick!

On May 3rd, 2023, the Food and Drug Administration (FDA) approved the first RSV vaccine for Adults aged 60 and older. Arexvy, the vaccine created by GSK, was found to have 83% efficacy in preventing disease and over 94% efficacy in preventing **severe** disease caused by RSV. Check with your doctor to see if the adult RSV vaccine is recommended for you!

References: <https://www.fda.gov/news-events/press-announcements/fda-approves-first-respiratory-syncytial-virus-rsv-vaccine>

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10 REASONS TO GET VACCINATED!

FROM THE NATIONAL FOUNDATION FOR INFECTIOUS DISEASES

Reason #1

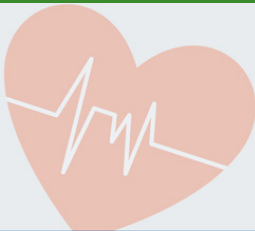
Vaccine-preventable diseases have not gone away



www.nfid.org/immunization
#GetVaccinated

Reason #2

Vaccines help keep you healthy



www.nfid.org/immunization
#GetVaccinated

Reason #3

Vaccines are as important to your overall health as diet and exercise



www.nfid.org/immunization
#GetVaccinated

Reason #4

Vaccination can mean the difference between life and death



www.nfid.org/immunization
#GetVaccinated

Reason #5

Vaccines are safe



www.nfid.org/immunization
#GetVaccinated

Reason #6

Vaccines can't give you the diseases they are designed to prevent



www.nfid.org/immunization
#GetVaccinated

Reason #7

Young and healthy people can get very sick, too



www.nfid.org/immunization
#GetVaccinated

Reason #8

Vaccine-preventable diseases are expensive



www.nfid.org/immunization
#GetVaccinated

Reason #9

When you get sick, your children, grandchildren, and parents may be at risk, too



www.nfid.org/immunization
#GetVaccinated

Reason #10

Everyone deserves the chance to stay healthy



www.nfid.org/immunization
#GetVaccinated

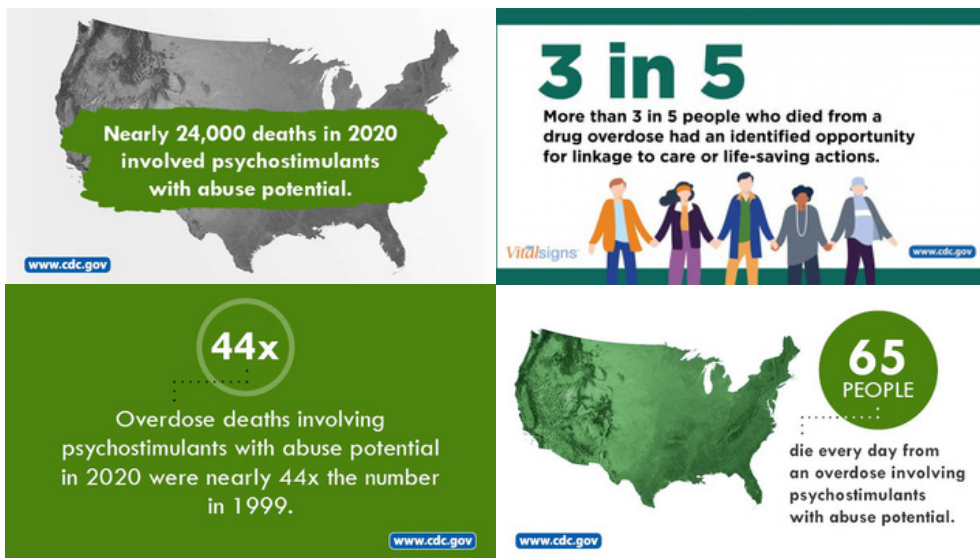
TIME TO REMEMBER. TIME TO ACT. AUGUST 31ST - INTERNATIONAL OVERDOSE AWARENESS DAY

International Overdose Awareness Day (IOAD), held each year on August 31st, is the world's largest annual campaign to end overdose. This is a day for us to remember those who have died from drug overdose and acknowledge the grief of the family and friends left behind. We encourage you to use the occasion of IOAD to raise awareness and help spread the hope of recovery and ending overdose. Visit CDC's website for the latest: <https://www.cdc.gov/drugoverdose/index.html>.

CDC's Division of Overdose Prevention in the National Center for Injury Prevention and Control is marking IOAD with three releases:

- A new Morbidity and Mortality Weekly Report (MMWR) analyzes emergency medical services (EMS) data and highlights trends in nonfatal opioid-involved overdoses. This report identifies disparities in overdose rates by patient and county characteristics, and provides strategies on what can be done to decrease overdoses.
- An up-to-date CDC State Unintentional Drug Overdose Reporting System (SUDORS) COVID-19 data brief describes overarching COVID-19-related themes that may have contributed to increased overdose deaths during the start of the COVID-19 pandemic. Based on the identified themes, this brief gives examples of prevention approaches that can be used in future public health emergencies to help reduce overdose deaths.
- CDC's IOAD feature can help you learn more about nonfatal opioid-involved overdoses and what can be done about the rise in opioid-involved overdoses.

This International Overdose Awareness Day, you can make an impact by sharing CDC's overdose prevention work and resources with colleagues, partners, and loved ones. We invite you to join us in taking action to end overdose.



HOW TO RECOGNIZE THE SIGNS OF AN OVERDOSE:

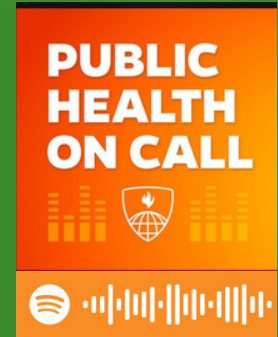
Recognizing an overdose can be difficult. If you aren't sure, it is best to treat the situation like an overdose—you could save a life. Call 911 immediately. Administer naloxone, if it's available. Do not leave the person alone. Signs of an overdose may include:

- Small, constricted "pinpoint pupils"
- Falling asleep or loss of consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body
- Cold and/or clammy skin
- Discolored skin (especially in lips and nails)



For more information, please visit: <https://www.cdc.gov/drugoverdose/awareness/ioad.html>

Listen & Learn



Public Health On Call Podcast

Johns Hopkins Bloomberg
School of Public Health

Episode 643 - A Look Ahead at
COVID, Flu, and RSV Vaccines
for Fall with Dr. Andy Pekosz



Garden Basics with Farmer Fred

Episode - 273 Spotted
Lanternfly, Q&A

Listen in with Farmer Fred, U.C. Certified Master Gardener since 1982, as he discusses this invasive species. What does it look like? What crops does it overtake? How do you control the spotted lanternfly? All this and more is covered in this episode!

HOW CAN I LISTEN?

To listen to any of the podcasts listed above, search the name of the podcast in the Spotify app or website.

-- OR --

Open the Spotify app and scan the "Spotify Code" on the images above

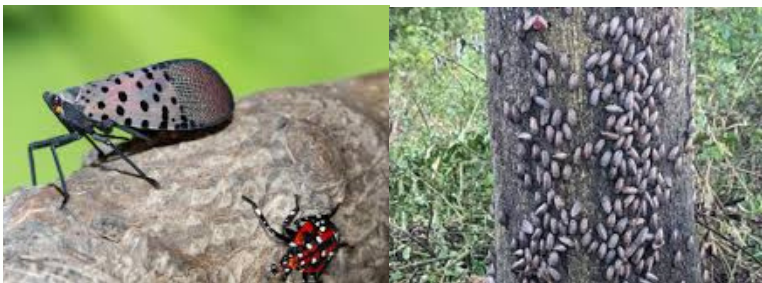
AUGUST 2023

SPOTTED LANTERNFLIES ARE BACK!

Spotted Lanternflies are back! This invasive species is native to Southeast Asia and has become a serious threat to New Jersey's ecosystem. As concerned residents, we must take action to help control their population and limit their destructive impact. The STOMP IT OUT campaign continues to be a successful method to do so. Another effective way is by removing the Tree of Heaven, which serves as a favored breeding and feeding ground for Spotted Lanternflies. The Tree of Heaven, scientifically known as *Ailanthus altissima*, is an invasive species itself, often referred to as "the tree that grows in Brooklyn" due to its rapid spread in urban areas. Native to China, it was introduced to the United States in the 1700s and has since thrived due to its hardiness and erosion control abilities. It can crowd out native species with its dense thickets and it secretes a chemical into the soil that is toxic to surrounding plants. Unfortunately, this tree plays a significant role in the Spotted Lanternfly infestation. Spotted Lanternflies prefer to lay their eggs on the smooth bark of the Tree of Heaven, providing them with an ideal habitat for reproduction and survival. The tree's sap is also an essential food source for the nymphs. By eliminating the Tree of Heaven, we can disrupt the lifecycle of these pests and curb their population growth.



You can distinguish these trees by their distinctive leaf pattern and flowers, as seen in the photo. You can also use Google Lens or any plant identification app. If you notice a Tree of Heaven on your property, remove it! If you notice one on your neighbor's property, let them know its negative impacts. If you see one on municipal property, let us know! The battle against Spotted Lanternflies requires a collective effort from all New Jersey residents. By eradicating this invasive tree, we can disrupt the lifecycle of Spotted Lanternflies and curb their spread, safeguarding New Jersey's agricultural industry and preserving the state's diverse ecosystem.



Montclair Health Department Immunization Clinics



Public Health
Prevent. Promote. Protect.

Montclair Health & Human Services

Montclair Health Department offers immunization clinics on the first and third Tuesdays of every month.

Moderna Bivalent Boosters are available to those 18 and older.

To make an appointment, please call 973-509-4970 or email mginter@montclairnjusa.org.

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