

JULY NEWSLETTER














MONTCLAIR HEALTH DEPARTMENT

SERVING MONTCLAIR, VERONA, AND CEDAR GROVE

July 28th is World Hepatitis Day

Compiled by Vanessa Dessources, MPH, CPH, CHES
Source: The Different Types of Hepatitis by Diane Sievert

Every year, on July 28th, the world comes together to acknowledge World Hepatitis Day. It is an opportunity to raise awareness on the various types of hepatitis illnesses (A, B, C, D, and E), "step up national and international efforts on hepatitis, encourage actions and engagement by individuals, partners and the public and highlight the need for a greater global response." (World Health Organization). Hepatitis is the general term for inflammation of the liver. However, it can be due to viral or non-viral causes (autoimmune, alcohol, etc.). The most common types of Hepatitis in the United States are A, B and C

Virus	Transmission Routes	Vaccine	Cure	Incubation	Symptoms of A, B & C
A	 Fecal/Oral	 Yes	 Recovery from illness results in lifelong immunity	 15 to 50 days	 Loss of Appetite Nausea/vomiting Fever Joint Pain Dark urine/ clay colored stool Jaundice Right upper quadrant pain
B	 Blood to blood & sexual contact	 Yes	 No cure (treatment available)	 1 to 4 months incubation Most adult patients clear infection (~90%)	
C	 Blood to blood	 No	 Curable (8-12 week treatment)	 2 weeks to 6 months incubation	

"Hepatitis A is caused by the hepatitis A virus (HAV), which is typically transmitted through the ingestion of fecal matter containing the virus." It is vaccine preventable.

"Hepatitis B is caused by the hepatitis B virus (HBV), which is primarily transmitted through contact with infected blood, semen, or other bodily fluids. Additionally, an infected mother can pass the virus to her baby during childbirth." It is vaccine preventable.

"Hepatitis C is caused by the hepatitis C virus (HCV). It is primarily transmitted through blood contact via the sharing of needles although it can also be transmitted through unsafe healthcare practices, including improper sterilization of medical equipment or accidental needlestick injuries."

IN THIS ISSUE:

July is World Hepatitis Day

Listen & Learn-
Public Health Podcasts

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Upcoming Events in the
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Montclair Health
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Hepatitis Resources

CDC Hepatitis Resource Center
<https://www.cdc.gov/hepatitis/resources/index.htm>

NJ Department of Health
https://www.nj.gov/health/cd/topics/hepatitis_viral.shtml

Listen & Learn



Public Health On Call Podcast

Johns Hopkins Bloomberg School of Public Health

Episode 723 - The White House's Initiative to Eliminate Hepatitis C

Deadly hepatitis C is curable, but 2.5 million Americans remain infected without treatment. Dr. Francis Collins, longtime director of the National Institutes of Health, is now serving as a special advisor to President Biden for an effort to eliminate hepatitis C in the US. He speaks with Stephanie Desmon about why hepatitis C has been so tricky to diagnose and treat and what it will take to launch a coordinated effort to cure every American living with the disease.

Boston Medical Center Podcast

Important Parent Tips for Summer Safety

Summer can be such an exciting and fun time for children and their families. However, the fun that comes with summer activities can often lead to unexpected ED visits.

Dr. Barbara Walsh, a pediatric Emergency Medicine Physician at Boston Medical Center, is here to remind you how to keep your family safe this summer, whether you're at the beach, in the pool, or in your own backyard.



HOW CAN I LISTEN?

To listen to any of the podcasts listed above, scan the QR Code

----- OR -----

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

UV SAFETY MONTH

Staying Safe in Summer

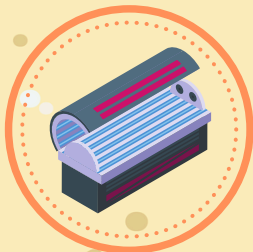
Remember to wear sunscreen! (at least 30 SPF or higher)



Wear protective accessories like sunglasses or hats as needed to protect your eyes and scalp from the sun



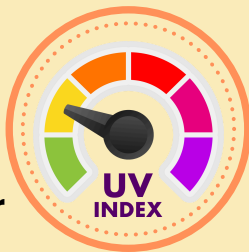
Avoid tanning beds, and excessively tanning outdoors.



Use umbrellas, tents, and other protective coverings when going to the beach, park, etc.



Be aware of the UV index when doing any outdoor activities. Try to plan activities on days with lower indexes if possible.



Always pack a first aid kit to handle insect stings, sprains, cuts and bruises and other injuries.



Remember to follow proper food safety protocols and hygiene when doing summer BBQ activities. Keep kids away from grills and hot plates.



As the temperature rises, remember to remain hydrated. Use electrolyte boosters, if necessary.



Every day, an average of 11 people die in the U.S. from unintentional drowning — and one in five of those are children 14 or younger. Please be aware of water conditions at beaches and depth at any lakes or pools. Only swim when lifeguards are on duty and within designated swimming areas. Make sure to watch children closely.



THE NJ EXPANDED FOOD & NUTRITION EDUCATION PROGRAM IS COMING TO THE MONTCLAIR PUBLIC LIBRARY

The NJ Expanded Food & Nutrition Education program by Rutgers Cooperative Extension of Essex County will be providing a 10- week nutrition education series at the Montclair Public Library **every Wednesday starting July 10th**. During this 10- week series, you will

- Taste delicious & nutritionally balanced recipes
- Plan, shop & save \$\$\$ on your grocery bill
- Practice & set exercise goals
- Learn food safety to protect yourself and your kids

Scan the QR Code to sign up ----->



SKIN CANCER EDUCATION AND SCREENING :

JULY 9TH EDUCATION

JULY 11TH SCREENING

ScreenNJ aims to increase screening and education for various cancers, including skin cancers, to reduce cancer mortality rates, to reduce disparities, and to educate New Jersey residents about the importance of cancer screening, early detection, and prevention.

Where: Montclair Municipal Building Council Chambers (205 Claremont Avenue)

Tuesday, July 9th: Skin Cancer Education from 11-3pm

Thursday, July 11th: Skin Cancer Screenings and Education from 9 am-3:30pm.

To register, please scan the link on the flyer

For all other inquiries, please email vdessources@montclairnjusa.org.

INAUGURAL PHAST-TRACK INSTITUTE (PUBLIC HEALTH ADVANCEMENT, SCHOLARSHIP, AND TRAINING INSTITUTE) FOCUSED ON MATERNAL AND CHILD HEALTH

Montclair State University, University Hall

Friday July 19th 9 AM- 3 PM

75\$ includes parking, breakfast, lunch, and a certificate for 8 hours of CEUs. (CPH or CHES)

The conference will feature a host of experts, from within and outside the university, including:

- Dr. Becky Ofrane, Executive Director of Maternal Health at the NJDOH, Keynote Speaker
- Susan Stephenson-Martin, Director of WIC Rutgers-Newark
- Dr. Mireya Vilar-Compte, Senior Nutrition Specialist at the World Bank (& Associate Professor, Department of Public Health
- Dr. Michael Hannon, Associate Professor, Department of Counseling
- Andriana Herrera, Program Coordinator, Family Science and Human Development
- Dr. Lisa Lieberman, Chair and Professor, Public Health
- Dr. Stephanie Silvera, Professor of Public Health, and Acting Associate Dean of the CCHL
- Marshal Chaifez, Grants Director, College for Community Health/College for Education and Engaged Learning

Montclair Health Department in collaboration with ScreenNJ's Lifesaver Vars.

SKIN CANCER EDUCATION & SCREENING

Where: Montclair Municipal Building Council Chambers (205 Claremont Avenue)

Tuesday, July 9th: Skin Cancer Education **ONLY** from 11-3pm

Thursday, July 11th: Skin Cancer Screening and Education from 9 am-3:30pm.

To Register:
 1. Follow the link OR Scan the QR Code <https://screennj.gomohealth.care/staff/enroll/>
 2. Click I would like to register for a mobile health unit event
 3. Click Other if you don't see the July 11th event (Type in Montclair HD Skin Screening)

QR Code

Skin Cancer Screening includes:
 Historical Exam
 • Checking for any familial history of skin cancer
 Physical (Visual) Exam
 • Either full body exam or a specific area can be checked
 If an abnormal growth is found, you will be referred to a specialist!

Public Health
 Prevent. Promote. Protect.
 Montclair Health & Human Services

ScreenNJ
 CANCER PREVENTION
 EDUCATION AND DETECTION

For any questions or concerns, please email vdessources@montclairnjusa.org.

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.

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

205 Claremont Ave, 3rd Floor, Montclair, NJ 07042