

# JULY NEWSLETTER

## MONTCLAIR HEALTH DEPARTMENT

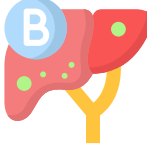
SERVING MONTCLAIR AND CEDAR GROVE

### **JULY 28<sup>TH</sup> IS WORLD HEPATITIS DAY**

According to John Hopkins Medicine, "hepatitis is a general term used to describe inflammation of the liver. Liver inflammation can be caused by several viruses (viral hepatitis), chemicals, drugs, alcohol, certain genetic disorders or by an overactive immune system that mistakenly attacks the liver, called autoimmune hepatitis."

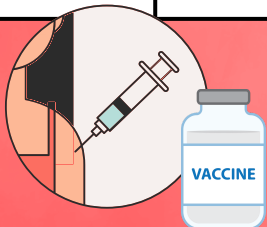
World Hepatitis Day is celebrated annually on July 28th to raise awareness on the specifics around the **viral types** of Hepatitis.



| TYPE                                                                               | TRANSMISSION                                                                                                                                                                | SYMPTOMS                                                                                                                                                                                                                                         |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | <ul style="list-style-type: none"> <li>Eating or drinking contaminated food and/or water</li> <li>Fecal/oral route</li> </ul>                                               | <ul style="list-style-type: none"> <li>Loss of Appetite</li> <li>Fatigue</li> <li>Diarrhea</li> <li>Fever</li> <li>Nausea/Vomiting</li> </ul>                                                                                                    |
|  | <ul style="list-style-type: none"> <li>Contact with blood or bodily fluid of an infected person</li> </ul>                                                                  | <ul style="list-style-type: none"> <li>Loss of Appetite</li> <li>Fatigue</li> <li>Diarrhea</li> <li>Fever</li> <li>Nausea</li> <li>Vomiting</li> <li>Jaundice</li> <li>Dark Urine</li> <li>Clay-colored bowel</li> <li>Abdominal pain</li> </ul> |
|  | <ul style="list-style-type: none"> <li>Contact with blood of an infected person</li> </ul>                                                                                  | <ul style="list-style-type: none"> <li>Asymptomatic</li> <li>Can have some flu-like symptoms</li> </ul>                                                                                                                                          |
|  | <ul style="list-style-type: none"> <li>Contact with infected blood, but only found in those already infected with Hep B</li> </ul> <p><small>*not common the US</small></p> | <ul style="list-style-type: none"> <li>Same symptoms as Hep B</li> </ul>                                                                                                                                                                         |
|  | <ul style="list-style-type: none"> <li>Eating or drinking contaminated food and/or water</li> <li>Fecal/oral route</li> </ul> <p><small>*not common the US</small></p>      | <ul style="list-style-type: none"> <li>Similar symptoms as A</li> <li>Nausea</li> <li>Fatigue</li> <li>Jaundice</li> </ul>                                                                                                                       |

### **PREVENTION AND TREATMENT**

Hepatitis A and B can be prevented through vaccinations. Hepatitis can be treated and cured with antiviral medication!



## IN THIS ISSUE:

July 28<sup>th</sup> is  
World  
Hepatitis Day

Listen & Learn  
Public Health  
Podcasts

Summer Safe:  
Beach Safety  
Tips

What's that  
Illness?  
Norovirus

Upcoming  
Events and  
Screenings



# LISTEN & LEARN

## PUBLIC HEALTH ON CALL



### Public Health on Call

John Hopkins Bloomberg School of Public Health

#### The Rise of “Big Wellness”

The wellness industry covers everything from fitness to biohacking, yoga to peptides, and it's backed by culturally and financially powerful players. In this episode: a new paper in the Milbank Quarterly covers how social media fuels the industry's proliferation, the growing skepticism of traditional medicine that allows it to thrive, and the tension between the concepts of wellness and public health.

Guests: **Nancy Karreman**, PhD, is a researcher of public health interventions at the University of Cambridge.

**Nason Maani**, PhD, MPH, is a senior lecturer in inequalities and global health policy at the University of Edinburgh.

Host: **Dr. Josh Sharfstein** is distinguished professor of the practice in Health Policy and Management, a pediatrician, and former secretary of Maryland's Health Department. He served as the Baltimore City Commissioner of Health from 2005 to 2009.



## Cancerwise PODCAST



Cancer  
UT MD Anderson



### Cancerwise Podcast

UT MD Anderson

#### Staying safe in the sun: Preventing skin cancer with UPF clothing

Have you ever wondered if UPF clothing is an effective way to prevent skin cancer? UT MD Anderson dermatologists Susan Chon, M.D., and Hung Doan, M.D., Ph.D., talk about how sun protective clothing works and why you should consider incorporating sunglasses, hats and items like driving gloves or sleeves into your daily sun safety plan.

## 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.

# STAY SAFE THIS SUMMER

## BEACH SAFETY TIPS

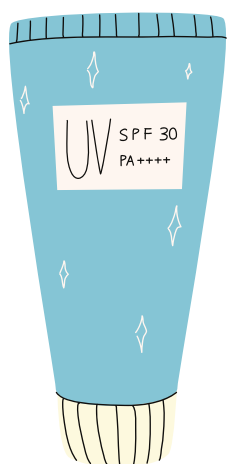
### BE SUN SMART

Wear sunscreen and protective clothing – including sunglasses – to protect against UV rays. And don't forget a hat!



Avoid staying in the sun for extended periods.

Seek shade under a tree or umbrella.



### STAY HYDRATED

Drink water throughout the day to replace fluid lost to sweat & heat. Don't wait for extreme thirst to drink.



### TAKE A FRIEND

Always swim with at least one friend – never swim alone in any beach or lake.



### READ THE SIGNS

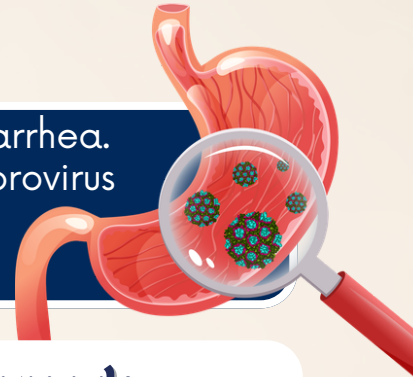
Read the beach safety signs and swim between flags or near lifeguards.



# WHAT'S THAT ILLNESS?

## NOROVIRUS

Norovirus is a very contagious virus that causes vomiting and diarrhea. It is sometimes called the "stomach flu" or the "stomach bug." Norovirus causes acute gastroenteritis, an inflammation of the stomach or intestines.



### Signs and Symptoms

A person usually develops symptoms 12 to 48 hours after being exposed to norovirus.

- **Most common symptoms:** Diarrhea, vomiting, nausea, stomach pain
- **Other symptoms:** Fever, headache, and body aches
- Causes dehydration

### How It Spreads

- **Having direct contact with someone with norovirus**, like caring for them, sharing food or eating utensils with them, or eating food handled by them.
- **Eating food or drinking liquids that are contaminated with norovirus.**
- **Touching contaminated objects or surfaces and then putting your unwashed fingers in your mouth.**

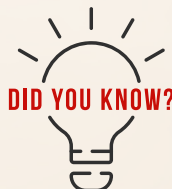
### Prevention

Norovirus is very contagious, but you can take steps to protect yourself and others, including:

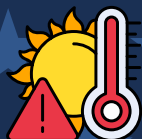
- Wash your hands well and often.
- Cook shellfish thoroughly and wash fruits and vegetables.
- Clean and disinfect contaminated surfaces.
- Wash laundry in hot water.
- Stay home when sick for 2 days (48 hours) after symptoms stop



Source: Center for Disease Control and Prevention



With the increase in travel and cruises during the summer, there is also an increase in the chances of norovirus outbreaks. Take extra precaution while traveling, and carry sanitizers, hand wipes and other on-the-go hygiene items



# UNDERSTANDING THE HEAT INDEX

| NWS Heat Index        |     | Temperature (°F) |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |  |
|-----------------------|-----|------------------|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|
| Relative Humidity (%) | 80  | 82               | 84 | 86  | 88  | 90  | 92  | 94  | 96  | 98  | 100 | 102 | 104 | 106 | 108 | 110 |     |  |
|                       | 40  | 80               | 81 | 83  | 85  | 88  | 91  | 94  | 97  | 101 | 105 | 109 | 114 | 119 | 124 | 130 | 136 |  |
|                       | 45  | 80               | 82 | 84  | 87  | 89  | 93  | 96  | 100 | 104 | 109 | 114 | 119 | 124 | 130 | 137 |     |  |
|                       | 50  | 81               | 83 | 85  | 88  | 91  | 95  | 99  | 103 | 108 | 113 | 118 | 124 | 131 | 137 |     |     |  |
|                       | 55  | 81               | 84 | 86  | 89  | 93  | 97  | 101 | 106 | 112 | 117 | 124 | 130 | 137 |     |     |     |  |
|                       | 60  | 82               | 84 | 88  | 91  | 95  | 100 | 105 | 110 | 116 | 123 | 129 | 137 |     |     |     |     |  |
|                       | 65  | 82               | 85 | 89  | 93  | 98  | 103 | 108 | 114 | 121 | 128 | 136 |     |     |     |     |     |  |
|                       | 70  | 83               | 86 | 90  | 95  | 100 | 105 | 112 | 119 | 126 | 134 |     |     |     |     |     |     |  |
|                       | 75  | 84               | 88 | 92  | 97  | 103 | 109 | 116 | 124 | 132 |     |     |     |     |     |     |     |  |
|                       | 80  | 84               | 89 | 94  | 100 | 106 | 113 | 121 | 129 |     |     |     |     |     |     |     |     |  |
|                       | 85  | 85               | 90 | 96  | 102 | 110 | 117 | 126 | 135 |     |     |     |     |     |     |     |     |  |
|                       | 90  | 86               | 91 | 98  | 105 | 113 | 122 | 131 |     |     |     |     |     |     |     |     |     |  |
|                       | 95  | 86               | 93 | 100 | 108 | 117 | 127 |     |     |     |     |     |     |     |     |     |     |  |
|                       | 100 | 87               | 95 | 103 | 112 | 121 | 132 |     |     |     |     |     |     |     |     |     |     |  |

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
  Extreme Caution
  Danger
  Extreme Danger

| Classification  | Heat Index      | Effect on the body                                                                                               |
|-----------------|-----------------|------------------------------------------------------------------------------------------------------------------|
| Caution         | 80°F - 90°F     | Fatigue possible with prolonged exposure and/or physical activity                                                |
| Extreme Caution | 90°F - 103°F    | Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity           |
| Danger          | 103°F - 124°F   | Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity |
| Extreme Danger  | 125°F or higher | Heat stroke highly likely                                                                                        |

The National Weather Service provides the heat index, also known as the apparent temperature. This is what the temperature feels like to the human body when relative humidity is combined with the air temperature. Make sure to stay informed on weather alerts and advisories!

Scan the QR Code to access the MHD Padlet that includes resources, flyers, calendars and upcoming wellness events in the community!!



Follow us on Instagram @montclairhealthdept

## Montclair Health Department Immunization Clinics



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

To make an appointment, please call 973-509-4978.

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