

PRINCETON HEALTH MATTERS

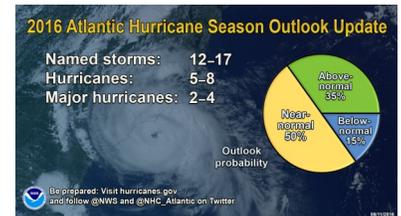
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Emergency Preparedness for the 2016 Hurricane Season

The Federal Emergency Management Agency (FEMA) is calling on individuals and families across the nation to prepare for the 2016 Atlantic Hurricane season, which runs June 1– November 30. The National Oceanic and Atmospheric (NOAA) Climate Prediction Center seasonal outlook for 2016, states the season will most likely be near-normal or above-normal and is expected to be the most active since 2012. The NOAA cites the ending of El Niño, weaker vertical wind shear, weaker trade winds over the central tropical Atlantic, and a stronger west African monsoon for the estimated higher number of hurricanes.



The effects of hurricanes can stretch far beyond just coastal areas, impacting communities hundreds of miles inland. When a hurricane hits, it can bring high winds, heavy rainfall, coastal and inland flooding, rip currents, and even tornadoes. Taking action now, in advance of a storm, can save lives and enables families and communities to recover more quickly should disaster strike.

Princeton has not had a significant impact from a hurricane or tropical storm since Hurricane Sandy struck in 2012, but luck isn't a strategy when it comes to being ready. If you live in a potentially affected area, you are at risk for storm surge, extreme winds and flooding during a hurricane. Remember to learn your evacuation routes and develop a hurricane evacuation plan.

To prepare for these powerful storms, FEMA is encouraging families, businesses, and individuals to take the following steps to prepare:



Know Your Risk: Residents should learn what types of natural disasters are common in the state. NOAA's historical hurricane tracks tool provides information on the severity of past hurricanes.

Know your Evacuation Zone: Evacuation zones are areas that may be impacted by hurricane flooding. Many communities have designated evacuation zones and routes to get citizens to safety. This information can often be found on websites, county or town emergency management offices.

Download the FEMA App: The FEMA app contains important information on what to do before, during, and after a hurricane. The app also allows users to receive weather alerts, lifesaving safety tips, and provides access to disaster resources should survivors need them.

Make a plan, build a kit and practice what to do: When a hurricane hits, communications systems can go out, transportation can be limited. FEMA encourages residents in potentially affected states to make a family communication plan and an emergency supply kit.

Public Health

Term of the Month

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Epidemic

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“Epidemic” is a term that is frequently tossed around in public health circles, but it is also a term that people often mixed up.

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What is an epidemic?

An epidemic is an unexpectedly large number of cases of an illness, specific health-related behavior, or other health-related event in a particular population (McKenzie, 2015)

How is an epidemic different from an outbreak or pandemic?

Outbreak– Often carries the same definition as an epidemic, but is often used when there is a smaller affected population.

Pandemic– Is an outbreak of a disease over a wide geographical area, such as a continent. A large scale epidemic.

Some examples of epidemics, outbreaks, and pandemics?

Outbreak– a local restaurant is linked to 10 cases of salmonella.

Epidemic– Ebola epidemic in West Africa starting in 2013.

Pandemic- Historically the Spanish Flu from WWI. Possibly the current epidemic of the Zika virus, if its spread continues to grow .

Raw Milk Consumption

Developing a healthy lifestyle requires you to make many decisions. One step you might be thinking about is adding raw milk to your diet. Raw milk is milk from cows, goats, sheep, or other animals that has not been pasteurized (heating to a specific temperature for a set amount of time to kill harmful germs). Germs include bacteria, viruses, and parasites.

Risks of drinking raw milk. Raw milk can carry harmful bacteria and other germs that can make you very sick or even kill you. While it is possible to get foodborne illness from many different foods, raw milk is one of the riskiest of all. Getting sick from raw milk can mean many days of diarrhea, stomach cramping, and vomiting.

Less commonly, it can mean kidney failure, chronic disorders, and even death. Many people who chose raw milk thinking it would improve their health instead found themselves (or their loved ones) sick in a hospital for several weeks fighting for their lives from infections caused by germs in raw milk. For example, a person can develop severe or even life-threatening diseases, such as Guillain-Barré syndrome, which can cause paralysis, and hemolytic uremic syndrome, which can result in kidney failure and stroke.

The risk of getting sick from drinking raw milk is greater for young children, the elderly, and people with weakened immune systems, such as people with cancer, an organ transplant, or HIV/AIDS. However, it is important to remember that healthy people of any age can get very sick or even die if they drink raw milk that is contaminated with harmful germs.

Most people believe that foods with no or minimal processing are better for health. However, some types of processing are needed to protect health. For example, consumers process raw meat, poultry, and fish for safety by cooking. Similarly, when milk is pasteurized, it is heated just long enough to kill disease-causing germs. Most nutrients remain after milk is pasteurized.

There are no health benefits from drinking raw milk that cannot be obtained from drinking pasteurized milk that is free of disease causing bacteria. The pasteurization of milk has never been found to be the cause of chronic disease, allergies, or developmental or behavioral problems.

Some people choose to drink raw milk because they have heard that raw milk may be a good source of beneficial bacteria. Unfortunately, raw milk can also contain harmful bacteria. If you are looking for sources of bacteria that may be beneficial to your health, consider getting them from foods that do not involve as high of a risk such as raw milk. For example, probiotic bacteria are sometimes added to pasteurized, fermented foods, such as yogurt and kefir.

Lower Your Risk of Getting Sick



Choose pasteurized milk and dairy products.
Buy and eat products that say “pasteurized” on the label.
If in doubt, don’t buy it!

Refrigerate pasteurized dairy products at 40°F or below.

Throw away any expired product.



For more information, visit
www.cdc.gov/features/rawmilk/

Health Officer's Message: 2016-2017 Flu Season

CDC's Advisory Committee on Immunization Practices (ACIP) voted that the live attenuated influenza vaccine (LAIV), also known as the "nasal spray" flu vaccine, should not be used during the 2016-2017 flu season. ACIP continues to recommend annual flu vaccination, with either the inactivated influenza vaccine (IIV) or recombinant influenza vaccine (RIV), for everyone 6 months and older. This ACIP vote is based on data showing poor or relatively lower effectiveness of LAIV from 2013-2016.

In the U.S., flu viruses are most common during the fall and winter months. Influenza activity often begins to increase in October and November. Most of the time flu activity peaks between December and March and can last as late as May. The CDC monitors certain key flu indicators (for example, outpatient visits of influenza-like illness (ILI), the results of laboratory testing and flu hospitalization and deaths). When these indicators rise and remain elevated for a number of consecutive weeks, flu season is said to have begun.

The CDC and the Princeton Health Department recommend a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this disease. In addition, you can take everyday preventive actions like staying away from sick people, covering your mouth when you sneeze or cough and washing your hands to reduce the spread of germs.

How well the flu vaccine works (or its ability to prevent flu illness) can range widely from season to season and can be affected by a number of factors, including characteristics of the person being vaccinated, the similarity between vaccine viruses and circulating viruses, and even which vaccine is used. LAIV contains live, weakened influenza viruses. Vaccines containing live viruses can cause a stronger immune response than vaccines with inactivated virus. It takes about two weeks after vaccination for the body's immune response to fully respond and for you to be protected so make plans now to get vaccinated.

Flu vaccine is produced by private manufacturers, so supply and timing of vaccine availability depends on when production is completed. Shipments may begin as early as July or August and continue throughout September and October until all of the vaccine is distributed.

CDC conducts vaccine effectiveness (VE) studies each season to estimate flu vaccine effectiveness. The ACIP vote highlights the importance of measuring and evaluating the effectiveness of public health interventions, which can have significant implications for public health policy. The change in the ACIP recommendation is an example of using new available data to ensure public health actions are most beneficial. Influenza is a serious disease that causes millions of illnesses, hundreds of thousands of hospitalizations, and thousands or tens of thousands of deaths each year. While the protection offered

by flu vaccines can vary, the flu shot's overall VE estimate of 49 percent suggests that millions of people were protected against flu last season.

Vaccination to prevent influenza is particularly important for people who are at increased risk for severe complications from the flu. People in the high-risk groups include: children 6 months of age to 4 years; people aged 50 years and older; adults and children who have chronic pulmonary (including asthma), cardiovascular, kidney, liver, neurological or metabolic disorders (including diabetes); people with compromised immune systems; and women who are or will be pregnant during the flu season.

Update on Princeton's Health Department Accreditation Process

On October 26th, the Princeton Health Department successfully completed the 'documentation phase' of the accreditation process. This includes the process of identifying and uploading documents that demonstrate the health department's conformity with the standards and measures set forth by the Public Health Accreditation Board. It is considered one of the most important components of the accreditation process. The documentation submitted by the health department is what the site visit team will review and use to determine the health department's conformity with the standards and measures. Document submission has been conducted through the e-PHAB system, which accommodates multiple users, allows the health department to work on various parts of documentation submission over a period of time. Applicants must submit their documentation to PHAB within 12 months of the date that PHAB provides access to the module of the electronic system for submission of documentation. The Princeton Health Department submitted their documentation within 10 months.

The health department now looks ahead to the PHAB site visit where 3-4 trained site visitors will verify the accuracy of documentation submitted by the health department, seek answers to questions regarding conformity with the standards and measures, and provide opportunity for discussion and further explanation.

Stay tuned for more exciting public health accreditation updates in the Winter 2016-2017 edition!

Health Department Announcements and Upcoming Events



Diabetes Awareness Month

The Princeton Health Department recognizes November as Diabetes Awareness Month, an excellent opportunity to increase diabetes awareness. The Health Department encourages you to help people in your community to learn more about the importance of diabetes education and management by reaching out to the Health Department for information about support, resources and financial assistance related to diabetes management, medication adherence, testing supplies, and insulin.

Princeton Satellite WIC Clinic

Princeton WIC clinic operates the 3rd Friday of every month and is located in the Community Room of the Princeton Municipal Building, 400 Witherspoon Street. WIC provides supplemental nutritious foods to pregnant, breastfeeding, and postpartum women, infants, and children up the age of five. For appointments and to see if you are eligible, please call (609) 498-7755. WIC's 2016 calendar is posted on the Princeton website: www.princetonnj.gov/health



World Stroke Day



October 29th is World Stroke Day. Stroke is a disease that affects the arteries leading to and within the brain. It is the number 5 cause of death and a leading cause of disability in the United States. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get blood (and oxygen) it needs, so it and brain cells die. Princeton Health Department has been educating the public about the warning signs of stroke and how a quick response to the typical symptoms of stroke can save a life, for more information visit [@ptonhealthdept](#) on twitter or the [American Heart Association website](#)

Flu Clinic

Princeton Health Department has teamed up with the Princeton Senior Resource Center and Rite Aid to provide a flu clinic and community health fair. The clinic will take place at PSRC (45 Stockton St.) on Tuesday, October 18 from 1-6 p.m. Additional flu clinics will be offered in 2016 and 2017 and can be found on the [Princeton Health Department website](#)



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