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FREEHOLDER CHAIRPERSON, COMMITTEE OF PUBLIC HEALTH & EDUCATION

MIDDLESEX COUNTY PUBLIC HEALTH DEPARTMENT

<http://co.middlesex.nj.us/publichealth/index.asp>



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PUBLIC HEALTH MATTERS

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SPOTLIGHT ARTICLE:

MIDDLESEX COUNTY PUBLIC HEALTH DEPARTMENT H1N1 RESPONSE

JOHN DOWD, HERC

The Middlesex County Public Health Department (MCPHD) H1N1 response began during the week of April 19, 2009. Public information was prepared and provided on the department's website, disease surveillance was enhanced, an information hotline was opened, and health education materials were organized and reproduced for dissemination. Through the end of December, 2009, more than 56,000 health education materials were distributed in over 100 venues throughout the county.



MCPHD training programs for various audiences started in May, educating over 3,000 individuals. The Health Education, and Epidemiology and Public Health Preparedness Divisions educated children, teachers, businesses, and the general public through three different programs: *What You Need to Know about Influenza, K-3 Handwashing, and H1N1 Response and Update*. The Nursing Division provided school and other public health nurses with *Surge Capacity Vaccinator Training*. Occupational Safety Health held, *Respiratory Fit Testing Training* and Public Health Administration prepared school systems to receive and administer H1N1 vaccine.

From April through December, the department received over 30 media inquiries from local and national media outlets. News articles have appeared in The Star Ledger, Home News Tribune, Courier News, Sentinel, Suburban, South Brunswick Post, and Cranbury Press. Television coverage of department activities appeared on News 12, My 9 News, Fox 5 News, NJN News, PBS Channel 13 News, and CBS Channel 2 News. On October 27, 2009, the department was featured on the CBS Evening News as part of a national H1N1 vaccination story titled, *Who Calls the Shots*.

MCPHD staff also participated in several local cable access channel interviews on Piscataway TV, Old Bridge TV and "Public Health Matters". On October 19, the Health Education and Epidemiology and Public Health Preparedness Divisions presented the

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What You Should Know About Influenza presentation which was taped and then aired on the North Brunswick local cable access channel.

The Health Office of Emergency Management (OEM) and a Receipt, Staging, and Storage (RSS) facility commenced operations in early October to coordinate vaccine receipt and distribution.

H1N1 vaccinations were initiated on October 16, 2009. Vaccination clinics began at the MCPHD Public Health Clinic in New Brunswick and expanded to larger clinics held at the Middlesex County Fire Academy in Sayreville, vaccinating more than 12,500 individuals.



Administrative support staff members assisted the department by answering phone calls, preparing documents, distributing health education materials, and logging data. Staff members handled over 7,000 phone calls from October through December from health care providers and the public.

In 2010, make influenza prevention your New Year's resolution.

- Wash your hands often, for at least 20 seconds
- Cover coughs and sneezes
- Stay home if you are sick
- Receive your seasonal and H1N1 flu vaccinations

It is important to receive your influenza vaccination to protect not only yourself, but your community as well.

The MCPHD began sponsoring Regional H1N1 clinics on January 7, 2010. These clinics provide New Jersey residents, 6 months of age and older, the opportunity to receive a free H1N1 vaccination. It is important for children under 10 years of age to receive their second dose of H1N1 vaccine. Please be advised that a second vaccine dose cannot be given until at least 28 days has passed from the administration of the first dose.

Residents are strongly encouraged, especially at-risk individuals, to receive their H1N1 vaccine. Clinic participants are strongly encouraged to visit the Web site to download, print and fill out the required consent form prior to attending.

Clinics have been scheduled through the end of February. For clinic dates and times, please visit <http://co.middlesex.nj.us/publichealth/flu-clinics.asp> or call 732-745-3100 for information.

Picture Inserts:

Health Educator, Holly Robichaux provides a Healthy Habits Coloring Book to a child attending a H1N1 vaccination clinic.

Industrial Hygienist, Bruce Ohlendorf performs a respiratory fit test on REHS Jessica Smit.

Lead Program Coordinator, Adrienne Garber administers a H1N1 vaccine

Clinic Managers, SREHS Jay Kwiecinski and SREHS John Obryk review patient appointment sheets during a H1N1 clinic at the Middlesex County Fire Academy.

FLU TREATMENT: ANTIVIRAL DRUGS



Holly Robichaux, Health Educator

Antiviral drugs are prescription medicines that fight against the flu in your body. They can make you feel better, shorten the time you are sick, and prevent serious flu complications, especially if treatment is started within two days of getting sick.

There are two antiviral drugs being recommended by the CDC this season:

- *Tamiflu® (oseltamivir)* - Available in liquid or pill form
- *Relenza® (zanamivir)* - Available in powder form

If you cannot swallow Tamiflu® capsules, you can visit www.cdc.gov/h1n1flu/recommendations/pediatric_supplement.htm for more information on how to open capsules and mix the medicine.

Antiviral drugs such as Tamiflu® and Relenza® are NOT sold over the counter; you can only get them if you have a prescription from your doctor. Be careful not to confuse Tamiflu® with Theraflu®, which is an over-the-counter medication that is not an antiviral.

It is critical that people who are either very sick and/or people who are in high risk groups take antiviral drugs as soon as possible. Most healthy people who get the flu do not necessarily need to be treated with antiviral drugs.

The most common side effects of Tamiflu® are nausea and vomiting, which can also be symptoms of the flu. The most common side effects of Relenza® are dizziness, runny or stuffy nose, cough, diarrhea, nausea, or headache, which are also symptoms associated with the flu.

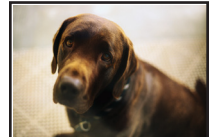
If an antiviral drug has been prescribed for you, ask your doctor to explain how to use the drug and any possible side effects.

*For additional information, visit:
<http://www.cdc.gov/H1N1flu/antiviral.htm>*



2010 RABIES CLINIC SCHEDULE (February - April)

Please call and check with municipality to be sure there are no changes in schedule.



TUESDAY FEBRUARY 9	SOUTH AMBOY	MECHANICSVILLE FIREHOUSE 400 RARITAN ST	6:00 – 8:30 PM	CATS ONLY
SATURDAY FEBRUARY 20	CRANBURY	CRANBURY FIREHOUSE 24 SOUTH MAIN ST	12:00 – 2:00 PM	DOGS & CATS
SATURDAY MARCH 6	MONROE	DEPARTMENT OF PUBLIC WORKS 76 GRAVEL HILL/SPOTSWOOD RD	10:00 AM – 2:00 PM	DOGS & CATS
SATURDAY MARCH 13	JAMESBURG	JAMESBURG FIREHOUSE 82 WEST RAILROAD AVE	1:00 – 2:00 PM 2:00 – 3:30 PM 3:30 – 4:00 PM	CATS ONLY DOGS ONLY DOGS & CATS
MONDAY MARCH 15	HELMETTA	HELMETTA MUNICIPAL BLDG PUBLIC WORKS GARAGE 60 MAIN ST	6:00 – 8:00 PM	DOGS & CATS
TUESDAY APRIL 13	SOUTH AMBOY	MECHANICSVILLE FIREHOUSE 400 RARITAN STREET	6:00 – 8:30 PM	DOGS ONLY
SATURDAY APRIL 17	SOUTH AMBOY	BROADWAY FIREHOUSE 127-129 NORTH BROADWAY	9:00 – 11:30 AM	DOGS ONLY
FRIDAY APRIL 23	CARTERET	WEST CARTERET FIREHOUSE PEKOLA TERRACE, WEST CARTERET	6:00 – 7:00 PM	DOGS & CATS
SATURDAY APRIL 24	CARTERET	CARTERET FIREHOUSE 230 ROOSEVELT AVE	11:00 AM – 1:00 PM	DOGS & CATS
SATURDAY APRIL 24	SOUTH PLAINFIELD	PUBLIC WORKS DEPARTMENT 405 SPICER AVE	9:00 AM – 12:00 PM	DOGS & CATS
TBA	PERTH AMBOY	DEPARTMENT OF PUBLIC WORKS FAYETTE STREET		DOGS & CATS

TRADITIONAL CHICKEN SOUP: GOOD FOR WHAT AILS YOU

INGREDIENTS

1 Chicken, approximately 4lbs., cut into 8 pieces (can use legs only)
Some Pepper
Bunch of Dill
1-1^{1/2} Pounds of Carrots
1-2 Turnips (cleaned well and slit in 2/3 of the way through)
Water

1 Tbsp. of salt or more to taste
Small Bunch of Parsley
Bunch of Celery
3-4 Medium Onions
2-3 Parsnips



DIRECTIONS

Put cleaned chicken in the bottom of a large pot. Cover the chicken with water and add salt. Your pot should be less than 2/3 full to allow for the vegetables to be added. Bring to a full boil over high heat. Skim off any foam that may develop, preferably into a fat skimmer. Throw away the foam. Add all of the pepper, the parsley, the dill and the turnips. Add the heart of the celery and a few stalks of the celery cut in large chunks. Add the onions, 1/2 of all of the carrots and one of the parsnips, all cut into chunks. For ease of clean-up, you can put all of the vegetables in cheesecloth which makes it easy to dispose of the vegetables when they cook down. After you bring to a boil again, turn the heat down and simmer for 2-3 hours. Several times try to skim off the fat with a fat skimmer as it comes to the top. Another way to get rid of all of the fat is to cool the soup down and lift the solidified fat off with a spoon. After the stock has cooked, remove all of the chicken and vegetables and return the liquid to the pot. Add several stalks of diced celery, carrots and parsnips to the stock and bring the soup back to a boil for another 1/2 hour. Add some pieces of chicken. The soup is ready to eat, although you may want to wait until the next day when you can skim off the fat. You may need to add salt and pepper to taste. Yummy!

HISTORY OF THE 2009 H1N1 FLU

By John Dowd, HERC

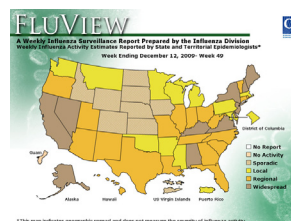
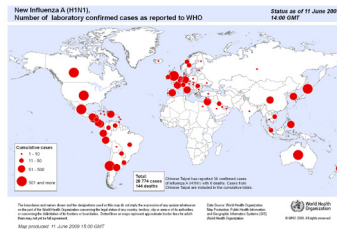


In 2009 a new strain of influenza emerged: influenza A H1N1 (swine flu). This novel virus was initially detected in late March 2009 with cases in Mexico and United States.

On April 26, 2009 this event was declared a public health emergency by the United States Department of Health and Human Services. The World Health Organization (WHO) raised the global pandemic alert level from Phase 3 to Phase 4 on April 27th and then raised it again from Phase 4 to Phase 5 on April 29th.

On June 11, 2009, the WHO declared that H1N1 flu reached Phase 6, a pandemic. Phase 6 indicates that increased and sustained transmission is within the general population. The last time a pandemic occurred was in 1968, more than 40 years ago. During the time of the declaration, the disease was reported in 74 countries with 144 deaths worldwide. In the United States there were 18,000 cases.

As of December 13, 2009 the WHO reported that more than 208 countries and overseas territories have laboratory confirmed cases of pandemic influenza H1N1 2009, including at least 10,582 deaths. As of November 27, 2009, WHO statistics indicated that over 622,482 cases of the disease were reported worldwide.



Within the United States, laboratory-confirmed influenza-associated statistics show that from August 30 to December 12, 2009 there were 35,309 hospitalizations and 1,567 deaths.

Individuals can learn more about influenza and response activities within Middlesex County, New

Jersey, United States, and globally by visiting the following websites:

Middlesex County Public Health Department

<http://co.middlesex.nj.us/publichealth>

New Jersey Department of Health and Senior Services

<http://www.state.nj.us/health/flu/h1n1.shtml>

Centers for Disease Control and Prevention

<http://www.cdc.gov/h1n1flu/>

World Health Organization

<http://www.who.int/csr/disease/swineflu/en/>

HEALTH OBSERVANCES CALENDAR

FEBRUARY

AMERICAN HEART MONTH

NATIONAL CHILDREN'S DENTAL HEALTH
MONTH

NATIONAL WEAR RED DAY

WORLD SALT AWARENESS WEEK

MARCH

NATIONAL COLORECTAL CANCER AWARENESS
MONTH

NATIONAL NUTRITION MONTH®

NATIONAL POISON PREVENTION WEEK

APRIL

ALCOHOL AWARENESS MONTH

NATIONAL AUTISM AWARENESS MONTH

NATIONAL CHILD ABUSE PREVENTION MONTH

OCCUPATIONAL THERAPY MONTH

SEXUAL ASSAULT AWARENESS AND PREVENTION
MONTH

WHAT TO DO IF SOMEONE IN YOUR HOME IS SICK

Teri Manes, M.H.S., Health Educator

When someone in your home is sick with the flu, you can take some important steps to help them heal and keep everyone else in the home from getting the flu.

Take these steps to create a separate sick room:

- Try to give the sick person their own room. If there is more than one sick person, they can share the sick room if needed.
- If you have more than one bathroom, have sick people use one bathroom and well people use a different one.
- Give each sick person their own drinking glass, washcloth and towel.

Have these items in the sick room:

- Tissues
- Trash can with lid and lined with a plastic trash bag
- Alcohol-based hand rub
- Cooler or pitcher with ice and drinks
- Cup with straw or squeeze bottle to help with drinking
- Thermometer
- Humidifier (A machine that puts tiny drops of water into the air. This extra moisture can make it easier for the sick person to breathe.)
- Facemasks (Sick people should wear a facemask, if available, when they leave the sick room or are around other people.)

About medicines in the sick room:

- Store all medicines out of reach of children. If you have no young children in the home, place medicines for adults in the sick room.
- Write down medicine dose and when doses are needed.

Follow the Sick Room rules:

If the sick person must leave the room to go to the bathroom or to a doctor's visit, ask them to wear a facemask. If you do not have a facemask, ask the sick person to use a tissue to cover coughs and sneezes.



Follow these 4 sick room rules:

1. Avoid having other people enter the sick room.

The sick person should not have visitors other than the caregiver. If visitors must enter, they should stay at least 6 feet away from the sick person.

2. Cover coughs and sneezes.

Ask the sick person to cover their nose and mouth with a tissue when they cough and sneeze. Ask them to throw used tissues in the trash.

3. Choose one caregiver.

If you can, choose only one caregiver to take care of sick family members. If possible, ask someone else to be the caregiver if you are pregnant or have certain chronic health problems. If you get the flu, it could be much more serious for you.

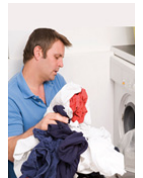
4. Keep the air clean.

Open a window in the sick room, if possible, or use a fan to keep fresh air flowing.

Cleaning the Sick Room

You'll want to clean the sick room each day.

Follow these tips:



Cleaning hard surfaces:

- Clean surfaces that may have flu germs on them. These may include doorknobs, bedside tables, bathroom sinks, toilets, counters, phones, and toys.
- Clean these hard surfaces by using water and dish soap. Or use common household cleaners that kill germs.

Cleaning bed linens and laundry:

- Wash bed sheets and towels with normal laundry soap and tumble dry on a hot dryer setting. Hold all dirty laundry away from your face and body. Wash your hands right after touching dirty laundry.
- It is OK to wash the sick person's bedding or clothes with other people's laundry.

Cleaning dishes:

- Wash the sick person's dishes with normal dish soap or place in the dishwasher.

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TIPS FOR CAREGIVERS

When caring for people who have the flu:

- Avoid being face to face with the sick person. If possible, it is best to spend the least amount of time in close contact with a sick person.
- When holding sick children, place their chin on your shoulder so they will not cough in your face.
- Wash your hands often and the right way. Sing the "Happy Birthday" or "Row, Row, Row Your Boat" song two times or count slowly to 20 as you wash.
- If soap and water are not available, use an alcohol-based hand rub.
- Make sure to wash your hands after touching the sick person. Wash after handling their tissues or laundry.

2010 FOOD HANDLER'S TRAINING COURSES (MARCH AND APRIL)

If you have a question on a Food Safety Course in your municipality, please call 732-745-3100.

PLEASE CONTACT THE LOCAL MUNICIPALITY TO REGISTER BEFORE ATTENDING.

Please be advised that dates, time, and location are subject to change.

Highland Park

Wednesday, March 3, 2010
1:30 - 4:00 pm
Senior Center
220 South 6th Avenue

North Brunswick

Friday, March 26, 2010
1:30 - 4:00 pm
Senior Center
15 Linwood Place

East Brunswick

Monday, April 26, 2010
1:00 - 3:30 pm
East Brunswick Library
1 Jean Walling Civic Center Drive

Perth Amboy

Tuesday, April 27, 2010 (English)
1:30 - 4:00 pm
City Hall Council Chambers
260 High Street

Tuesday, April 29, 2010 (Spanish)
1:30 - 4:00 pm
City Hall Council Chambers
260 High Street



<http://co.middlesex.nj.us/publichealth/Inspectionsservices.asp>



BE A GERM STOPPER THIS FLU SEASON

John Dowd, Health Educator/Risk Communicator



Flu is spread from person to person through coughs and sneezes. It is important to cover your nose and mouth with a tissue when you cough and sneeze and then throw away the tissue after you use it. If a tissue is not available you can cough or sneeze into your elbow. You should also wash your hands after using a tissue, after using the bathroom, before you eat, or if your hands become dirty.

When washing your hands, you should use soap and warm water and wash them long enough to sing the "Happy Birthday" song twice (20 seconds).



Washing your hands often will help protect you from germs. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.

When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed. If children get sick, parents should keep them home and away from school or child-care settings until the child has been without fever for 24 hours. This will help prevent the spread of illness to others.



The best way to protect yourself, your family, and friends is to get your flu vaccine each year. You can also practice healthy habits to prevent the flu and other illnesses. Habits such as eating and drinking healthy foods and getting enough rest can help your immune system fight off sickness.



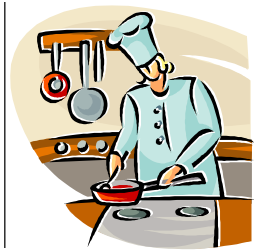
PREVENT THE SPREAD OF FLU FOR A HEALTHIER COMMUNITY BY:

- Getting your flu shot
- Covering your coughs and sneezes
- Avoiding touching your eyes, nose or mouth
- Washing your hands often
- Staying home if you feel sick
- Avoiding close contact with people who are sick
- Cleaning and disinfecting shared objects

NEW TRAINING REQUIREMENT FOR RISK TYPE 3 FOOD ESTABLISHMENTS

By David Kologinsky –Chief REHS

On January 2, 2010, a new requirement in the “Sanitation in Retail Food Establishments and Food Beverage Vending Machines” (Chapter 24, also known as the Food Code) took effect.



The new requirement states that “Risk Type 3” food establishments such as full-service restaurants, diners, catering operations, hospitals, nursing homes, and preschools serving potentially hazardous foods must have at

least one employee with certified food protection manager training.

A Risk Type 3 food establishment is defined as an establishment that has an extensive menu which requires the handling of raw ingredients and is involved in the complex preparation of menu items or serves a high risk population.

The training course must be provided by one of three programs approved by the New Jersey Department of Health and Senior Services: ServSafe, Thompson Prometric, or National Registry. Courses from these programs are offered throughout the State. Once the course and the test is completed, the individual will have a certification that is good for five years.

For the past several years, the Middlesex County Public Health Department has been advising high risk, or “Risk Type 3” establishments, of this requirement.

Registered Environmental Health Specialists will continue to educate retail food establishment owners and operators within our jurisdiction about this requirement. The Middlesex County Public Health Department time limit for compliance has been set for July 1, 2010.

The Department will continue to provide basic food safety training courses throughout the year. Visit our website for a list of courses at: <http://co.middlesex.nj.us/publichealth/inspectionsservices.asp>.



NATIONAL WEAR RED DAY HELD ON FRIDAY, FEBRUARY 5: WEAR RED TO SUPPORT WOMEN AND HEART DISEASE AWARENESS

Friday, February 5, 2010, was National Wear Red Day—a day when Americans nationwide support women's heart health by wearing red.



National Wear Red Day is an annual event held on the first Friday in February. On this day, women and men across the country wear red to unite in the national movement to give women a personal and urgent wake-up call about their risk of heart disease.

The risk factors for heart disease are smoking, high blood pressure, high cholesterol, overweight/obesity, physical inactivity, diabetes, a family history of early heart disease, and age.

The Middlesex County Public Health Department encouraged individuals to participate in this national awareness movement by wearing red on February 5, and requested their family, friends, and coworkers to do the same. Those who participated showed off a favorite red dress, shirt, or tie, or by wearing the Red Dress Pin.

The Heart Truth is a national awareness campaign for women about heart disease sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health, U.S.

Department of Health and Human Services (DHHS), and other partner organizations.

The campaign introduced the Red Dress as the national symbol for women and heart disease awareness. “Heart Disease doesn’t care what you wear – It’s the #1 killer of women®”. For more information on the Heart Truth Campaign, National Wear Red Day and the Red Dress visit www.hearttruth.gov.





by Geraldine Zoccoli



A	A	O	P	V	S	W	T	H	D	S	T	E	G	L
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WORD LIST

- | | | | |
|------------------|-------------------|------------------|-------------------------|
| 1. AVOID CROWDS | 5. DRINK FLUIDS | 9. INHALANTS | 13. SNEEZING |
| 2. CHILLS | 6. EAT HEALTHY | 10. INFLUENZA | 14. STAY AT HOME IF ILL |
| 3. COUGHING | 7. FEVER | 11. ORANGE JUICE | 15. VITAMIN C |
| 4. DRESS UP WARM | 8. GET A FLU SHOT | 12. PURELL | 16. WASH HANDS |

FRUITS AND VEGETABLES OF THE MONTH

The Fruit & Vegetable Program is a national partnership to increase consumption of fruits and vegetables by all Americans. Eating a diet rich in fruits and vegetables every day will promote good health and may help reduce the risk of stroke, high blood pressure, diabetes, and some cancers.



Tangerine

The Fruits and Vegetables for the Months of February through April are:

February – Fruit: Passion Fruit; Vegetable: Brussel Sprouts

March – Fruit: Tangerine; Vegetable: Sweet Potato

April - Fruit: Asian Pear; Vegetable: Tomatillo

To learn more about your fruits and vegetables visit: <http://www.fruitsandveggiesmatter.gov>.

This web site will provide individuals with fruit and vegetable benefits, recipes and tips.



Brussel Sprouts

Year-Round Public Health Services Our Offices are Open Monday - Friday • 8:30am - 4:15pm

Divisions

- **Administration** - 75 Bayard Street, Fifth Floor, New Brunswick, NJ 08901, 732-745-3100. (TTY 732-745-8994)
- **Epidemiology and Public Health Preparedness** - 75 Bayard Street, Fifth Floor, New Brunswick, NJ 08901, 732-745-3100.
- **Hazardous Materials Unit** - 1001 Fire Academy Drive, Sayreville, NJ 08872, 732-727-6622. (TTY 732-316-7196)
- **Health Education** - 75 Bayard Street, Fifth Floor, New Brunswick, NJ 08901, 732-745-8860.
- **Inspections** - 75 Bayard Street, Fifth Floor, New Brunswick, NJ 08901, 732-745-3100 from 8:30 am to 4:15 pm, and 732-745-3271 after hours for emergencies.
- **Nursing** - 75 Bayard Street, Fifth Floor, New Brunswick, NJ 08901, 732-745-3100.

Programs

- **Adult Health Programs** - 732-745-3100.
- **Cancer Screening Clinics (CEED)** - Appointments & Information call, 732-745-3127. Spanish 732-745-3107.
- **Child Health Conferences** - By Appointment Only. Various Locations call, 732-745-3125.
- **Childhood Lead Poisoning Prevention** - 732-745-3100.
- **Children's Immunizations** - Call for an Appointment, 732-745-3125.
- **Communicable Disease Information** - 732-745-3100.
- **Food Sanitation Courses** - 732-745-3136.
- **Maternal/Child Health** - 732-745-3100.
- **Rape Crisis Intervention Center** - 29 Oakwood Avenue, Edison, NJ 08837. Monday - Friday, 8:30 am to 4:15 pm, 732-321-1189, (TTY 549-0669), 24-hour coverage: 1-877-665-RAPE (7273).
- **Sexually Transmitted Disease** - Call for clinic hours, 732-565-3788.
- **Special Child Health Services** - 732-745-3187.
- **Tuberculosis Control** - 29 Oakwood Avenue, Edison, NJ 08837. Call for clinic hours, 732-321-5297.



VOLUNTEER SERVICES

- **Rape Crisis Intervention Center** - 1-877-665-RAPE (7273)
- **Coalitions - Cancer Coalition and Community Partnership** - 732-745-3140
- **Sexual Violence Prevention Coalition** - 732-745-3140
- **Medical Reserve Corps** - 732-745-3100

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