

BRANCHBURG

TOWNSHIP OF BRANCHBURG
CHARTERED 1845



COMMUNITY HEALTH SERVICES DIRECTORY

BRANCHBURG HEALTH DEPARTMENT

1077 Highway 202 North
Branchburg, NJ 08876
(908) 526-1300 Ext. 183
(908) 526-7027 (fax)
www.branchburg.nj.us

PUBLIC HEALTH SERVICES

VITAL STATISTICS AND RECORDS

The Health Department maintains records of all births, marriages and deaths occurring in the Branchburg Township. Certified copies are available for a fee by visiting the Clerk's office or sending a check and a written request. Marriage applications are taken by appointment only from 8:30 AM - 4:00 PM. For more information please call (908) 526-1300, ext. 105.



For health emergencies all other times (nights and weekends), call the Police Department **526-3830**.

MATERNAL & CHILD HEALTH

- ◆ Uninsured infants and children (up to age five) may attend a CHILD HEALTH CONFERENCE (CHC), regardless of their financial status. A physician and nursing staff provide: physical exam; immunizations; lead screening; counseling and education. CHCs and Update Immunization Clinics are held at the Hillsborough Municipal Building. Call Community VNA for an appointment at 725-9355.



ENVIRONMENTAL SERVICES

- ◆ The Health Department conducts surveys of PUBLIC HEALTH NUISANCES in residential and commercial areas to identify potential problems. The Department responds directly to complaint for animals, insects, rodents, weeds, air and water pollution, garbage or debris, and solid waste.

- ◆ RETAIL FOOD INSPECTIONS are conducted throughout the year to assure that food retailers meet the State Sanitary Code.
- ◆ INSPECTIONS of schools, child care centers, and pools are routinely made for safety standards and cleanliness.
- ◆ HOUSING safety, sanitation and heating of rented single and multiple dwellings are monitored by the Health Department, in cooperation with local building and fire code officials. Home-owners who remove or abandon a fuel (oil) tank must contact the fire official and Health Department.
- ◆ The Health Department is an oversight responder to nearly all TOXIC or HAZARDOUS MATERIALS INCIDENTS, in cooperation with local fire and police departments, and the Somerset County HazMat team.
- ◆ RADON test kits are available for \$20.00, and include a prepaid-postage mailer. A report is sent directly to the resident within two weeks. Call the RADON HOTLINE at (800) 648-0394 for more information.
- ◆ WELLS: information is available on well maintenance, sampling, and suitable well location. Testing is required for all new well constructions.
- ◆ SEPTIC SYSTEMS: The Health Department provides plans, when available, and will answer questions regarding maintenance of existing systems. Inspection is required for all new septic systems, and all repairs must be reported to the Health Department for appropriate oversight.



PUBLIC HEALTH SERVICES

ANIMAL CONTROL SERVICES

- ◆ All animal bites (dogs, cats, raccoons, bats, etc) must be reported immediately to the Health Department. Biting dogs and cats are quarantined and only released following observation or a veterinarian's report.
- ◆ An Animal Control Officer is available for animal emergencies. Call St. Hubert Giralda Animal Shelter at 526-3330, 9:00 AM - 4:00 PM. After hours, call the Police Department.
- ◆ Free walk-in RABIES CLINICS for cats and dogs are offered in the Spring and in the Fall.



All dogs and cats seven months or older must be licensed: NJ law makes proof of rabies vaccine mandatory before a license can be issued.

HEALTH EDUCATION

- ◆ Education programs, information and referrals to community resources are available to all residents.

CHRONIC DISEASE SERVICES

- ◆ The ADULT HEALTH SCREENING is held every two years, and offers: low cost blood tests; free screenings that may include blood pressure, hearing, vision, podiatric and chiropractic screenings, colon-rectal health kits, BMI analysis, and health education.
- ◆ Free screening for breast, cervical, colorectal and prostate cancer is available for uninsured residents who meet financial criteria through the NJCEED Program - call 526-2335.

COMMUNICABLE DISEASE CONTROL

- ◆ The Health Department maintains records on all REPORTABLE DISEASES spread from person-to-person. Investigation of disease outbreaks and follow-up control measures are initiated when appropriate.
- ◆ Referrals are made to the STD Program at the Women's Health & Counseling Center in Somerville - call 526-2335.
- ◆ Referrals are made to the NORTH WEST REGIONAL CHEST (TB) CLINIC held at Somerset Medical Center - call 203-6040.
- ◆ FLU & PNEUMONIA SHOTS are offered to senior citizens and high risk individuals in the Fall each year.
- ◆ The Health Department AUDITS all school immunization records to insure all children are fully immunized.

MISSION STATEMENT

The Branchburg Health Department is committed to facilitating efforts that will enhance the health of all Township residents. This means providing you and your family with protection from the basic threats to public health: preventing disease, injury, premature death and disability; promoting healthy lifestyles, behaviors and environments; and responding to disasters, disease outbreaks and epidemics.



Public Health
Prevent. Promote. Protect.

SOMERSET COUNTY: GOVERNMENT AGENCIES

SOMERSET COUNTY

www.co.somerset.nj.us

(908) 231-7000

publicinfo@co.somerset.nj.us

DEPARTMENT OF HUMAN SERVICES (908) 704-6300

Division of Mental Health - Richard Hall Community Mental Health Center

(908) 725-2800

(888) 744-4417 (toll free)

(908) 526-4100 (PESS - Psychiatric Emergency Screening Services)

Office of Youth Services

(908) 704-6333

Office of Addiction Services

(908) 704-6300 ("Somerset County Comprehensive Alcoholism and Drug Abuse Services Plan" includes comprehensive listing of current treatment resources)

Office of Disabilities

(908) 231-7179

Office on Aging

(908) 704-6343 (Resource Directory of Services for Senior and Caregivers)

(877) 222-3737 (toll free **NJ EASE**)

(888) 747-1122 (Meals on Wheels)

DIVISION OF SOCIAL SERVICES

(908) 526-8800

Temporary Assistance to Needy Families (TANF); food stamps; general assistance; Medicaid; emergency assistance. Adult protective services; home health aide services; child support; housing assistance; rooming and boarding home services; family planning; medical transportation; referrals.

DIVISION OF TRANSPORTATION

(908) 231-7115

(800) 246-0527 (toll free)

Public transportation services to general public along fixed routes. Para-transit to senior citizens, persons with disabilities and Medicaid recipients.

PARK COMMISSION

(908) 722-1200

www.somersetcountyparks.org

CANCER PREVENTION TIPS

DO NOT USE ANY TOBACCO PRODUCTS. Call the NJ Quitline at (866) 657-8677 or visit www.nj.quitnet.com for help.

MAINTAIN A HEALTHY WEIGHT. Throughout your life, be as lean as possible without becoming underweight.

EXERCISE. Get some physical activity for at least 30 minutes on most days of the week. Check with your health care provider before you begin any new exercise routine.

WHAT YOU EAT IS IMPORTANT.

- ◆ Avoid sugary drinks. Limit consumption of energy dense foods, particularly processed foods high in added sugar, high in fat, or low in fiber.
- ◆ Eat a variety of vegetables, fruits, whole grain products and legumes (beans, lentils, peas, edamame or soy nuts).
- ◆ Limit how much red meat you eat, especially higher fat cuts of beef, pork, and lamb and processed meats such as bologna, salami and hot dogs. Trim the skin and fat off chicken and turkey.
- ◆ Choose reduced or fat free dairy products including milk, cheese, and yogurt.
- ◆ Limit consumption of high sodium (salty) foods and foods cured with salt.

DRINK ALCOHOL IN MODERATION, OR NOT AT ALL. At the most, that's two drinks per day for men and one drink per day for women.

SUPPLEMENTS - VITAMINS & HERBS. It's tempting to think that a pill or herb can protect you from cancer. While many protective compounds can be isolated from their source foods (beta carotene, omega-3 fatty acids, vitamins C & E, selenium, etc), it's still best to get these substances from a variety of real foods.

COOK CAREFULLY. Frying, broiling or grilling meats at very high temperatures may produce some cancer promoting chemicals in charcoal broiled meat products. Stew, steam, poach or microwave meats to produce fewer of these chemicals.

PROTECT YOUR SKIN FROM THE SUN'S UV RAYS.

- ◆ Avoid direct sun exposure from 10 AM until 4 PM when the sun is strongest.
- ◆ Use a "broad spectrum" sunscreen that protects you from both types of harmful rays (UVA & UVB). *Apply sunscreen frequently and generously.*
- ◆ Wear a t-shirt and wide brimmed hat to shade your face, ears, and neck.
- ◆ Wear sunglasses with UV protection.
- ◆ Don't use sun lamps or go to tanning salons.



HAVE REGULAR CHECK-UPS. Ask your health provider about age specific cancer screening tests. When cancer does occur, **early detection** - a combination of regular self exams (skin, breast and testicular) and periodic, clinical examinations - and **treatment** saves lives.



BRANCBURG HEALTH DEPARTMENT

SOMERSET COUNTY: NON-GOVERNMENT RESOURCES

Agape House
(908) 707-9753

Provides emergency shelter to women and families in Somerset County.

CANCER

CancerCare
(800) 813-4673
www.cancercares.org

Free, professional counseling and support services for cancer patients and their families; financial assistance programs for support services, pain medication and transportation.

Somerset County Cancer Coalition
(908) 231-7155
www.co.somerset.nj.us/health

Countywide coordinating and networking organization providing current cancer-related information, resources, programs, services and events in Somerset County, the state and the nation.

The Wellness Community
(908) 658-5400
www.thewellnesscommunity.org/cnj

Offers support, education and hope to cancer patients and their care givers through a wide variety of free programs, events, and support groups.

Community Visiting Nurse Association (VNA)
(908) 725-9355
www.communityvna.org

Comprehensive health care services including: home health care: skilled nursing care; rehabilitative services (physical, occupational and speech therapy); home health aides; medical social services; nutritional counseling. Community Care Hospice. Community services: bioterrorism response; Child Health Conferences (well baby clinics); flu and pneumonia Immunizations; congestive heart failure and diabetes program; wellness services; telemedicine program; ACCAP (AIDS Community Care Alternative Program) case management; disabilities programs.



HAVE A HEART ... STOP A KILLER!

Cardiovascular disease (CVD) is the Number 1 killer of Americans. Some risk factors such as age, race, sex, and family or personal medical history are uncontrollable. Other risk factors can be eliminated, or at least controlled, through healthy lifestyle choices.

- 🍷 **STOP SMOKING.** Smoking is the single greatest **preventable** cause of death in the U.S.!
- 🍷 **CONTROL HIGH BLOOD PRESSURE (hypertension).** Have your blood pressure checked once a year, more frequently if you already know you have hypertension. High blood pressure is a “silent killer”, often occurring without any noticeable symptoms.
- 🍷 **CONTROL YOUR DIABETES.** Heart disease is more likely to strike someone with diabetes - and at an earlier age - than someone without diabetes.
- 🍷 **STAY ACTIVE.** Regular exercise helps prevent high blood pressure, increases HDL (good cholesterol), lowers triglycerides, and helps control weight.
- 🍷 **MAINTAIN A HEALTHY WEIGHT.** Being overweight increases your chances of having higher cholesterol & triglycerides, lower HDL, and contributes to hypertension & diabetes.
- 🍷 **CHOOSE A HEALTHY DIET.**
 - 🍷 Choose a diet lower in TOTAL fat. Replace part of the saturated fat from animal products with unsaturated fat from plant sources like oils and nuts.
 - 🍷 Choose more complex carbohydrates (whole grain products, fruits and vegetables).
 - 🍷 Limit your salt (sodium) intake.
- 🍷 **TAKE YOUR MEDICATION.** When lifestyle changes aren't enough, your health care provider may prescribe blood pressure or cholesterol lowering drugs.
- 🍷 Know the **WARNING SIGNS** of a heart attack:
 - 🍷 Pressure, fullness, discomfort or squeezing in the center of your chest. It can last for more than a few minutes *or* can go away and come back.
 - 🍷 Pain that goes to your shoulders, neck or arms.
 - 🍷 Sweating, discomfort in your chest, and/or feeling lightheaded, faint or short of breath, sick to your stomach, even having back or jaw pain.
 - 🍷 Like men, women's most common heart attack symptom is chest pain or discomfort. But women are some what more likely than men to experience shortness of breath, nausea or vomiting, and back or jaw pain.

A heart attack is an EMERGENCY - call 911. Starting treatment immediately can reduce your chance of permanent damage and increase your chance of recovery. If you can get the victim to a hospital quicker than the rescue squad can respond, drive him/her yourself. If you are having a heart attack or stroke, call **911** or have someone drive you to the hospital: **DO NOT** drive yourself.



BRANCBURG HEALTH DEPARTMENT

SOMERSET COUNTY: NON-GOVERNMENT RESOURCES

Catholic Charities

(908) 722-1881

www.ccdm.org

Services provided within Somerset County include: HIV mental health program; child care resource and referral; New Moms, New Expectations (child care and training for single parents under the age of 26 completing their education); disaster relief; material needs assistance; maternity and adoption; mental health; residential group home (Cedar House - adolescent therapeutic group home); substance abuse; youth services; school-based counseling.

Cooperative Extension of Somerset County

(908) 526-6295

<http://somerset.njaes.rutgers.edu>

Family and Community Health Science Department offers programs and materials on issues such as money management, food safety, nutrition, aging, housing, home environment, and other "life skills" topics.

EMERGENCY FOOD/SUPPLIES

FISH

(908) 725-5556

Emergency services (food and clothing) for children ages infant-18 years.

Food Bank Network of Somerset County

(732) 560-1813

Distributes food packages which contain complete staples to families of low income. Also provides clothing, personal products, and prescription program.

Interfaith Hospitality Network of Somerset County

(908) 704-1920

Distributes staple food packages to families in need. Also provides clothing and personal products.

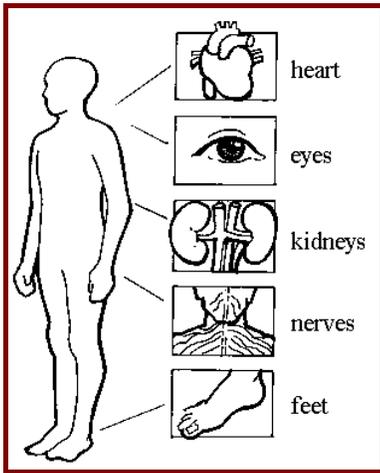
Middle Earth

(908) 725-7223

www.middleearthonline.org

Provides crisis intervention, mentoring, recreational opportunities, alternatives to incarceration, life skills education, a safe and supervised place to gather and a caring adult who will listen. Links youth to information and referral services and connects them to community-based projects.

DIABETES ALERT!



Diabetes develops when the pancreas does not produce enough insulin, or the insulin can't be properly used. Insulin is the hormone that allows sugar and starches in food to be converted into usable energy. As a result, very high levels of sugar (glucose) remain in the bloodstream. High blood sugar will eventually damage the blood vessels in a diabetic's body, leading to eye, kidney and heart disease.

There are 20.8 million children and adults in the U.S. who have diabetes - nearly one-third (6.2 million people) are unaware that they have the disease.

Type 2 diabetes accounts for 90-95% of all diagnosed cases of diabetes. In some cases, there are no symptoms of diabetes, or the symptoms come on so gradually that they may not even be recognized.

DIABETES CANNOT BE CURED ... BUT IT CAN BE CONTROLLED

Prevention and early detection are important part of diabetes management.



FIND OUT IF YOU ARE AT RISK. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. Older adults, individuals with a family history of diabetes, women who have birthed a baby weighing more than 9 pounds, and anyone who is overweight and/or sedentary are also at increased risk.



LOSE A SMALL AMOUNT OF WEIGHT. The weight you think is normal for you may not be a healthy weight. You can prevent or delay type 2 diabetes by losing as little as 10 pounds.



EXERCISE. Choose an activity you enjoy ... then do it! Ask family members or friends to be active with you - dance to music, take a walk, ride your bikes, play tag, use a fitness DVD on a rainy day. Try to be active for 30 minutes a day on most days of the week to help you lose weight and stay healthy.



MAKE HEALTHY FOOD CHOICES. Choose more fruits and vegetables, fish, lean meats, whole grains, and low fat dairy products. Eat fewer fatty and fried foods. Serve smaller portions. Keep healthy snacks such as fruit in the house. Drink more water.



RECORD YOUR PROGRESS. Write down everything you eat and drink and the number of minutes you are active every day. Keeping a diary is one of the best ways to stay focused and reach your goals. Make changes slowly, adding one new change each week. If you get off track, start again ... and keep going.



BRANCBURG HEALTH DEPARTMENT

SOMERSET COUNTY: NON-GOVERNMENT RESOURCES

Resource Center for Women and Their Families

(908) 359-0003

(866) 685-1122 (24 hour toll free hotline)

www.rcwtf.org

Domestic violence/sexual assault - crisis response team, counseling, shelter and housing, court assistance, program for offenders, legal advocacy.

S.H.I.P. (Samaritan Homeless Interim Program)

(908) 725-3260

www.ship908.com

Serving the homeless, near-homeless, working poor families, and individuals who are not able to obtain assistance from government or other private agencies with emergency shelter/housing, soup kitchen and food pantry, counseling (substance abuse), HIV testing/counseling, emergency subsistence items.

Somerset Council on Alcoholism and Drug Dependency

(908) 722-4900

www.somersetcouncil.com

Provides information & referral, free education and prevention programs, Prevention Resource Center, technical assistance for developing prevention activities.

Somerset County United Way

(908) 725-6640

211 Non-Emergency helpline

www.scuw.org

Free 24-hour, confidential information and referral telephone service that connects people to health and human services, community resources and government assistance.

Somerset Treatment Services

(908) 722-1232

www.somersetmentservices.org

Multi-program clinic that provides comprehensive outpatient substance abuse treatment services, as well as community education and HIV services.



BE A WISE HEALTH CARE CONSUMER

www.npsf.org/askme3

Everyone finds health information confusing at times. Asking questions helps you understand how to stay healthy or to get better. You can ask questions when you see your health care provider or pharmacist, prepare for a medical test or procedure, and when you get your medicine. You don't need to feel rushed or embarrassed if you don't understand something - ask as many times as you need to until you understand the answers.

Tips for Clear Health Communication



During my visit today, I will **Ask 3** questions that will help me understand my health better.

- ❶ What is my main problem?
- ❷ What do I need to do?
- ❸ Why is it important for me to do this?

✓ Check off the ones you will try

- I will ask the 3 questions
- I will bring a friend or family member to help me at my doctor visit.
- I will make a list of my health concerns to tell my doctor at the beginning of my appointment
- I will bring a list of all my medicines, supplements and herbal remedies when I visit my doctor.
- I will ask my doctor and pharmacist for help when I have questions about my medicines.

Your doctor, nurse, and pharmacist want you to get the information you need to care for your health. Cut out the card above to remind yourself what you need to do and the questions you can ask at your next medical appointment.

How Do I Remember What to Do?

During your visit, your doctor or nurse may ask you to make healthy lifestyle changes. For example, you may need to exercise more and eat less and/or different foods. On the lines below write down the changes you will make.



NEW JERSEY (STATEWIDE) RESOURCES

Anonymous HIV Testing & Counseling Sites (NJ AIDS/STD Hotline)

(866) 448-2432

www.state.nj.us/health/aids/rapidtesting

CEED (Cancer Education & Early Detection) free breast, cervical, colorectal and prostate cancer screening for uninsured residents who meet financial criteria

(800) 328-3838

(908) 526-2335 (Somerset County - Women's Health & Counseling Center)

www.state.nj.us/health/cancer/njceed

Commission for the Blind & Visually Impaired

(732) 255-0723

www.state.nj.us/humanservices/cbvi/index.html

Department of Children and Families

609-984-4500

www.state.nj.us/dcf

Child Abuse/Neglect Reports

(877) 652-2873

(800) 835-5510 (TTY)

Safe Haven for Infants

(877) 839-2339

Department of Community Affairs - Division on Women

(609) 292-8840

www.nj.gov/dca/dow

Department of Environmental Protection

(877) 927-6337

www.state.nj.us/dep

Department of Health and Senior Services

(800) 367-6543

www.state.nj.us/health

Division of Addiction Services

1-800-238-2333 (Addictions Hotline)

www.state.nj.us/humanservices/das/getting_help.htm



10 PORTION CONTROL TIPS

The truth is, effective weight management is a matter of calories in ... calories out. While eating a low fat diet is healthier in general, weight management ultimately depends on limiting TOTAL calories. Portion control is the key.

- 1 **Break Down Leftovers.** Instead of using one large container, store leftovers separately in individually sized containers. That way, when you reach in the fridge for something to reheat, you can retrieve just enough for one helping.
- 2 **Say Yes to Salads.** eat a salad before lunch or dinner to help curb your appetite and give you a sense of satiety (fullness) sooner.
- 3 **Single out Trigger Foods.** It's difficult to stop eating (let alone keep track of) tortilla or potato chips straight out of the bag while watching your favorite TV program, so buy snack foods in single serving sizes or divide into smaller, individual baggies.
- 4 **Master Mini Meals.** Keep your blood sugar stable and control hunger by eating small, healthy meals throughout the day. Because you'll get never *too* hungry, mini meals will prevent impulse snacking and overeating at meals.
- 5 **Keep Seconds Out of Sight.** Don't serve meals family-style. Keep serving dishes away from the table where it's easy to reach for seconds. It takes about 20 minutes to feel satiated, so taking a "breather" gives you a chance to decide if you're really hungry enough for another helping.
- 6 **Make Meat a Side Dish.** Treat meat or meat-based entrees as a side dish rather than the main part of your meal. By making veggies and healthy grains the main part of your meal, you'll feel full sooner and get extra vitamins and fiber.
- 7 **Meet Yourself Halfway.** Make lunch a two-fer. At work, why not split take out with a buddy? At a restaurant, pack half of your meal before you even start eating ... and now you have dinner!
- 8 **Be a Kid at Heart.** Order a Kid's Meal when you go to fast food places to automatically control portions (and save money!)
- 9 **Set Serving Standards.** We are a "Super Size" society - learn to "eyeball" standard, healthy portion sizes.
- 10 **Treat Yourself.** Allowing yourself to have a forbidden food once in a while will keep you from feeling deprived, which can easily lead to over-eating. Stop a binge before it starts ... indulge a craving BEFORE it gets out of hand!



NEW JERSEY (STATEWIDE) RESOURCES

Division of the Deaf & Hard of Hearing

(609) 984-7281 or (800) 792-8339 (Voice/TTY)

www.state.nj.us/humanservices/ddhh/index.html

Division of Developmental Disabilities

(609) 987-0800

www.state.nj.us.humanservices/ddhh.index.html

Division of Senior Benefits

(800) 792-9745

www.nj.gov/health/seniorbenefits/paad.shtml

PAAD (Pharmaceutical Assistance to the Aged and Disabled) Certain prescription drugs and insulin at a reduced rate persons for permanently disabled or 65 years or older, who meet eligibility requirements

HAAAD (Hearing Aid Assistance to the Aged and Disabled) \$100 rebate with proof of purchase of a hearing aid for PAAD-eligible participants

Lifeline Assistance (utilities assistance to the Aged and Disabled) \$225 credit for utilities that are included in the rent for homeowners, renters and tenants for PAAD-eligible participants

Division on Aging

(877) 222-3737

www.state.nj.us/health/senior/index.shtml

Food Stamp Program

(800) 687-9512

www.state.nj.us/humanservices/dfd/foodstamp.html

Mental Health Association

(973) 571-4100

www.mhanj.org

Rx4NJ (connects qualified NJ residents to discounted, or free, prescription medications)

(888) 793-6765

www.rx4nj.org

WIC Nutrition Program

(800) 762-6140

Free nutrition supplemental foods; education and counseling for pregnant, breast-feeding and postpartum women, infants and children up to fifth birthday. Eligibility by income and nutritional risk guidelines - do not need to be on Medicaid to qualify.

STRESS MANAGEMENT TIPS

When we experience **STRESS**, our bodies produce more adrenaline (a stimulant). Too much stress can drain our supplies of essential nutrients, as well as reduce the body's ability to absorb essential nutrients efficiently. This can result in feelings of weakness, fatigue, and yes ... more stress! Try the following tips:

- ◆ Increase your intake of **BETA CAROTENE** (from Vitamin A), the **B VITAMINS**, and **VITAMIN C**. The adrenal glands (which produce adrenaline) use these vitamins during physical and emotional stress. Eat a variety of fresh fruits, vegetables and whole grains - especially citrus fruits like oranges and grapefruits and vegetables such as carrots, broccoli, kale, and sweet potatoes.



- ◆ Include more **COMPLEX CARBOHYDRATES** in your diet. Good sources are found in fruits & vegetables, peas, peanuts, beans and whole grain products such as breads, rice, cereals and pasta.

- ◆ Choose low fat **PROTEIN** foods (lean red meat, skinless chicken, reduced fat dairy products, fish) and avoid processed meats, cream sauces and fried foods.

- ◆ Limit **CAFFEINE** and **ALCOHOL**. Like adrenaline, caffeine is a stimulant. Too much caffeine acts in the same way as stress, overstimulating your nerves. Alcohol is a depressant and can aggravate stress, as well as interfere with restorative dream sleep.

- ◆ Avoid taking “megadoses” of **VITAMINS** and be careful with **HERBAL PRODUCTS** - neither will relieve your stress. Even though herbal supplements are “natural”, they still affect your body like medicine.



Stress? Everybody has it - the key is how you deal with it! Learn how to recognize stress before it builds up, try these “self help” strategies to handle stress ... before it handles you!

SOOTH YOUR MIND

- ◆ Do a Reality Check ... and don't sweat the small stuff
- ◆ Take a Time-Out
- ◆ Set limits and priorities
- ◆ Create a support system
- ◆ Find a little humor ... every day

SOOTH YOUR BODY

- ◆ Don't smoke!
- ◆ Eat a healthy, low fat diet
- ◆ Limit alcohol and caffeine
- ◆ Get enough sleep
- ◆ Exercise

ON YOU OWN

- ◆ Deep (belly) Breathing Exercise
- ◆ Meditation
- ◆ Visualization/Guided Fantasy
- ◆ Directed Muscle Relaxation
- ◆ Aroma Therapy

WE ALL NEED HELP SOMETIMES. It takes courage to ask for help and say you can't do it alone. Share your problems with friends and family. Use the resources in your community - your church or synagogue, private practitioners, or social service agencies.



BRANCBURG HEALTH DEPARTMENT

EMERGENCY PREPAREDNESS RESOURCES

American Red Cross

www.redcross.org

(908) 725-2217 (Greater Somerset County Chapter)

<http://greatersomerset.redcross.org>

Centers for Disease Control and Prevention

(800) 232-4636

www.cdc.gov

New Jersey Department of Emergency Management

<http://www.state.nj.us/njoem/preparedness.html>

New Jersey Department of Health and Senior Services (NJDHSS)

www.state.nj.us/health/flu or www.njflupandemic.gov

NJDHSS Emergency Preparedness

<http://www.state.nj.us/health/er/index.shtml>

U.S. Department of Health and Human Services

www.pandemicflu.gov

U.S. Department of Homeland Security

www.ready.gov

In an emergency, there is a natural tendency
to ask “What can I do to help?”

We know that major emergencies will overwhelm the capabilities of our first responders, especially during the first 12 to 72 hours. Medical and other volunteers can provide an important “surge” capacity during that critical period, filling in the gaps in emergency response plans to improve overall response capabilities. As a Somerset County Medical Reserve Corps (MRC) volunteer, you may be asked to assist in:

- ◆ Mass immunization or medication clinics
- ◆ Triage following a mass casualty event
- ◆ Search and rescue
- ◆ Staffing an emergency shelter
- ◆ Assisting fire, first aid, and police operations during events and emergencies

Call the Somerset County Health Department at
(908) 231-7155 for more information

EMERGENCY PREPAREDNESS ♦ 8 WEEK SHOPPING LIST

Prepare your home for an influenza pandemic (or any serious emergency) in advance of any real threat. Shopping all at once for emergency supplies can be expensive and time consuming. Reduce stress by budgeting your purchases and avoiding long lines or empty shelves during an emergency.

WEEK 1 - FOOD

- (1) Gallon drinking water per person
- Sandwich bread (freeze until needed)
- (3) Boxes of energy snacks - granola bars, raisins, nuts
- (5) Cans of ready-to-eat soup & chili
- (4) Boxes of dry cereals and crackers
- Canned or powdered milk, cans of juice
- (4) Cans of fruit, vegetables, fish and meat
- Jars of peanut butter & jelly
- Instant coffee, tea or powdered drinks

WEEK 2 - STORAGE

- (2) Boxes of large plastic zip bags
- (2) Plastic wrap and aluminum foil
- (3) Boxes of heavy duty garbage bags
- Coolers (keep a supply of ice in freezer)
- Assorted plastic containers with lids

WEEK 3 - HEALTH & FIRST AID

- (50) Protective face masks labeled N-95
- Boxes of latex (or vinyl) gloves
- Alcohol (60%) based hand sanitizers (wipes or gel) and a disinfectant spray
- Antibiotic and cortisone creams/ointments
- Deodorant, toothpaste/toothbrushes, soap, shampoo
- First Aid Kit and Book

WEEK 4 - MEDICATIONS

- Extra supply of prescription medications
- A paper copy of your prescriptions
- Aspirin, ibuprofen or acetaminophen
- Anti-diarrhea medicine & rehydration fluids
- Thermometer
- Cough syrup, decongestant, antihistamine

WEEK 5 - CLEANING SUPPLIES & PAPER GOODS

- Manual can opener, matches, candles
- Disposable utensils, cups, plates
- Paper towels, toilet paper and tissues
- Liquid dish soap, detergent & bleach
- Extra sponges and rags
- Bleach: 1/4 cup of bleach + one gallon of water is an all-purpose disinfectant

WEEK 6 - COMMON TOOLS

- Crank operated flashlights, cell phone chargers, radio and lanterns
- Masking, duct and packing tapes
- Utility knife with extra blades, scissors
- Tools (screwdrivers, pliers, hammer, etc)
- Safety goggles, heavy work gloves

WEEK 7 - SMART SUPPLIES

- Video, digital or disposable camera
- Notepad and pens
- Assorted safety pins, sewing kit items
- Several gallons of water to flush toilets
- Fire extinguisher(s)
- Portable (camping style) stove or grill

WEEK 8 - SPECIAL ITEMS

- Foods or medical supplies for family members with special needs
- Extra hearing aid batteries
- Items for denture care
- Spare glasses, contact lenses, solution
- Pet food & water, leash, vaccination papers, carrier
- Baby supplies
- Games, activities, books

- ✓ Create a Family Action Plan ... make sure everyone understands what to do.
- ✓ Compile a family contact directory with home, work and cell telephone numbers.
- ✓ Establish emergency contacts outside of your immediate family.
- ✓ Put aside money to cover a few weeks' finances. Keep important documents in a portable container.



HEALTH CARE FACILITIES

In addition to direct health care, the hospitals and health centers in Somerset County offer a wide variety of free or low-cost community education programs and health screenings, either at the hospital, a satellite facility, or in the community itself. These programs are offered intermittently or on a demand basis.

HOSPITALS

Carrier Clinic (Behavioral Healthcare)

252 County Road 601
Belle Mead, NJ 08502
(800) 933-3579
www.carrierclinic.org

Hunterdon Medical Center

2100 Wescott Drive
Flemington, NJ 08822
(908) 788-6100 (Main Number)
(908) 788-6360 or (800) 511-4462 (Physician Referral)
(908) 237-6920 (Center for Nutrition and Diabetes Management)
(908) 788-6514 or (888) 788-1260 (Hunterdon Regional Cancer Center)
(908) 534-7600 (Hunterdon Health and Wellness Center)
www.hunterdonhealthcare.org

Memorial Sloan Kettering Cancer Center

136 Mountainview Boulevard
Basking Ridge, NJ
(908) 542-3000 or (800) 525-2225
www.mskcc.org/mskcc/html/622.cfm

Robert Wood University Hospital

One Robert Wood Johnson Place
New Brunswick, NJ 08903
(732) 828-3000 (Main Number)
(888) 447-9584 (Physician Referral)
(732) Bristol-Myers Squibb Children's Hospital)
(732) 828-3000 (The Cancer Hospital of New Jersey)
(732) 253-3100 (Diabetes Self-Management Education Program)
(732) 418-8110 (Community Education Department)
www.rwjuh.edu

HEALTH CARE FACILITIES

Saint Peter's University Hospital

254 Easton Avenue

New Brunswick, NJ 08901

(732) 745-8600 (Main Number)

(732) 8600 ext. 8686 (Physician Referral)

(732) 565-5437 (The Children's Hospital)

(732) 745-6667 or (877) 977-5767 (Diabetes Care and Control Center)

(732) 745-8600 ext. 8903 (Mobile Health Unit)

(732) 937-6003 (Women's Health Center)

(732) 745-6699 (Community Speakers Bureau)

www.saintpetersuh.com

Somerset Medical Center

110 Rehill Avenue

Somerville, NJ 08876

(908) 685-2200 (Main Number)

(800) 443-4605 (Physician Referral)

(908) 685-2846 (Somerset Diabetes Center)

(908) 685-2860 or (866) 742-5762 (The Steeplechase Cancer Center)

(908) 685-2814 (Community Health Education)

(908) 203-5972 (Sports Performance and Rehabilitation Center)

(908) 685-2200 ext. 3258 (Safe Syringe Program - home generated waste disposal)

www.somersetmedicalcenter.com

HEALTH CARE FACILITIES

HEALTH CENTERS and CLINICS

Eric B. Chandler Health Center

277 George Street
New Brunswick, NJ 08901
(732) 235-9099
www2.umdnj.edu/chandweb/about_us.htm

Neighborhood Health Services (Plainfield Health Center)

1700 Myrtle Avenue
Plainfield, NJ 07063
(908) 753-6401
www.phcmednet.org

Somerset Family Practice

(HealthStart prenatal program site)
110 Rehill Avenue
Somerville, NJ 08876
(908) 685-2900
www.somersetmedicalcenter.com

Women's Health and Counseling Center

71 Fourth Street
Somerville, NJ 08876
(908) 526-2335 (Main Number)
(908) 526-2335 ext. 129 (Somerset Teen Education in Pregnancy Program)
(908) 526-7444 (24 hour Somerset County Sexual Assault Support Services)
www.womenandhealth.org

PLANNED PARENTHOOD

203 S. Main Street
Manville, NJ 08835
(908) 231-9230
(800) 230-7526 (toll free)
www.ppgnnj.org

ANTIBIOTIC RESISTANCE ... A GROWING THREAT

Since penicillin became available in the 1940's, antibiotics have been the cornerstone of infectious disease control and treatment.

NEVER TAKE ANTIBIOTICS FOR A VIRAL INFECTION. Bacteria and viruses are the two main pathogens (germs) that cause most infections. Antibiotics can only cure illnesses caused by bacteria ... they cannot kill viruses.

Each time we take antibiotics, sensitive bacteria are killed, but a few resistant ones are left to grow and multiply, passing their resistance to future generations of the mutated bacteria. These bacteria become immune to the effect of antibiotics, becoming *antibiotic* or *antimicrobial resistant*.

Common viruses cause most sore throats, colds and the flu, as well as coughs (bronchitis), many middle ear and sinus infections. Recovery from a viral illness only occurs when the infection has run its course. Tell your health care provider if the illness gets worse or lasts a long time, so that she can re-evaluate the illness.

USE ANTIBIOTICS WISELY:

- ◆ Take medicine as prescribed by your doctor. ALWAYS take the full course of antibiotics, even if you are feeling better before the medicine is finished.
- ◆ Never save some of a prescription medication to treat yourself or others later.
- ◆ If your health care provider says you do not have a bacterial infection, do not demand that he give you a prescription for antibiotics.
- ◆ Antibiotics may alter the effectiveness of other medications, cause side effects or allergic reactions. Tell your doctor if you are taking any other medication, drink alcohol, have allergies or are pregnant.
- ◆ Antibiotics can kill most of the bacteria that are sensitive to them, including good bacteria in your digestive system. Yogurt with "live cultures" or taking acidophilus pills often minimize these side effects.

OVER-THE-COUNTER (OTC) RELIEF

Although no medication can cure the cold or flu, many OTC drugs can help relieve symptoms. Read labels carefully. Many medicines contain more than one medication - choose products that treat only the symptoms you have. Call your doctor before giving any medicine to a child.

- ◆ **ANALGESICS** relieve muscle aches and pains, and reduce fever.
- ◆ **ANTIHISTAMINES** relieve runny nose, sneezing, itching of the nose and watery eyes due to allergies.
- ◆ **DECONGESTANTS** shrink the nasal passages and reduce congestion.
- ◆ **EXPECTORANTS** work by thinning mucus so that it can more easily be coughed up.
- ◆ **ANTITUSSIVES** are cough suppressants that work by quieting a cough. They are usually recommended for dry (non-productive) coughs where you are not producing mucus.



HELPLINES

211 NON-EMERGENCY HELPLINE

www.nj211.org

Information and Referral Services

Monmouth County United Way

- ◆ Available 24/7 - Calls are free and confidential
 - ◆ Easily accessed by any landline or cell phone
 - ◆ Multi-lingual / TTY / TTD
-

AARP (American Association of Retired Persons)	(888) 687-2277
AIDS	
New Jersey Hotline	(800) 624-2377
Hyacinth Foundation	(800) 433-0254
Alcoholics Anonymous (Central Jersey Intergroup)	(609) 298-7795
Addictions Hotline, NJ	(800) 238-2333
Alzheimers & Related Disorders	(800) 424-2494
American Cancer Society	(800) 227-2345
American Diabetes Association	(800) 342-2383
American Heart Association	(800) 242-8721
American Liver Foundation	(800) 465-4837
American Lung Association	(800) 586-4872
American Red Cross (Greater Somerset County Chapter)	(908) 725-2217
American Stroke Association	(888) 478-7653
Arthritis Foundation	(800) 283-7800
Asthma & Allergy Foundation	(800) 727-8462
Auto Safety Hotline	(888) 327-4236
CancerCare	(800) 813-4673
Cancer Information (National Cancer Institute)	(800) 422-6237
Catastrophic Illness in Children Relief Fund	(800) 335-3863
CDC Information Line (national)	(800) 232-4636

ADDING EXERCISE ... IT'S EASIER THAN YOU THINK!

Exercise for 15 minutes on most days of the week - **ARE YOU CRAZY?** I can't exercise because ...

- ◆ between work, family, and all my other demands, I'm just too busy.
- ◆ by the end of a long day, I'm just too tired to exercise.
- ◆ my weight is fine, so I don't need to exercise.
- ◆ exercise is boring!
- ◆ no one can watch my kids.
- ◆ I already have a health problem - diabetes, heart disease, asthma, arthritis - that I don't want to make worse than it already is.

Sound familiar? If adding exercise to our lives was easy, EVERYONE would be doing it!

Here's a tip: look for small ways to be energy "*in-efficient*" throughout your day. We're all focused on saving time by doing everyday activities in the most efficient way possible. Start to notice opportunities to exercise (move) that are hidden in your daily activities.

WALK. Walking is safe, easy and already a part of our everyday lives. Invest in a stepometer (a pedometer that counts steps instead of measuring distance). A mile is about 2,000 steps. It doesn't matter



how many steps you're taking now - the goal is to increase your steps a little each day until you've reached 10,000 a day (approximately five miles of walking).

- ◆ Pace around the house while talking on the phone - use a headset for comfort.
- ◆ Skip the drive-thru window and walk into the bank or restaurant.

- ◆ Window shop on all levels of the Mall.
- ◆ Take the stairs instead of the elevator or escalator.
- ◆ Park in the far side of the parking lot.
- ◆ Walk in place while watching your favorite TV show. Get up during the commercials and do some stretching exercises.
- ◆ Meet a friend for lunch at a restaurant within walking distance.

Of course, there are more efficient ways to add at least 15 minutes of exercise to your life ... all at one time. The benefits of exercise are cumulative: the most you move, the better you'll feel!

- ◆ Have some fun with your kids. Dance music, take a walk, ride your bikes, play tag, use a fitness DVD together.
- ◆ Go a nearby high school and go around the track 4 times - that's about 2,000 steps. Or take a walk around your neighborhood before work or after dinner.
- ◆ Don't delegate routine chores to others. Do yard work, wash the car, vacuum, mop the floor, walk the dog - that way tasks get completed and you've done your 15 minutes (or more!) of exercise.
- ◆ Make a "date" with a friend or co-worker to exercise. A commitment to someone else will help keep you both on track and motivated.



Talk with your health care provider prior to beginning any exercise program if you have a preexisting medical condition or have been sedentary.

HELPLINES

Child Abuse Reporting Hotline	(877) 652-2873
Child Care WarmLine	(800) 713-9006
Commission for the Blind & Visually Impaired	((877) 685-8878
Consumer Product Safety Commission	(800) 638-2772
Domestic Violence: Statewide Hotline	(800) 572-7233
Local Hotline	(866) 685-1122
FamilyCare (health insurance)	(800) 701-0710
Family HelpLine	(800) 843-5437
Health Facilities Complaints	(800) 792-9770
Legal Services Hotline	(888) 576-5529
March of Dimes (NJ Chapter)	(609) 655-7400
Medicare/Medicaid Information Service	(800) 633-4227
Medication Assistance	
Partnership for Prescription Assistance (Rx4NJ)	(888) 793-6765
Pharmaceutical Assistance (Aged & Disabled)	(800) 792-9745
RxAssist (Information clearinghouse for medication assistance)	(401) 729-3284
Somerset County Prescription Savings Program (POPS)	(800) 633-0037
Mental Health Cares Hotline	(866) 202-4357
Middle Earth (resources for youth)	(908) 725-7223
National Women's Health Information Center	(800) 994-9662
NJ Quit Line	(866) 657-8677
Tobacco Quit Center	(908) 685-2442
New Jersey Self Help Group Clearinghouse	(800) 367-6274
Poison Control Center	(800) 222-1222
Postpartum Depression/Mood Disorders	(800) 328-3838
Prevent Blindness TriState (Ct, NJ, NY)	(800) 850-2020

HELPLINES

PSE&G (Energy bill payment assistance)	(800) 357-2262
Psychiatric Emergency Screening Services (PESS)	(908) 526-4100
Safe Haven for Infants	(877) 839-2339
Senior Citizens (NJ EASE)	(877) 222-3737
Social Security Administration	(800) 772-1213
STD Info (American Social Health Association)	(800) 227-8922

FIVE STEPS TO SAFER HEALTH CARE

1 **ASK QUESTIONS IF YOU HAVE ANY DOUBTS OR CONCERNS.**

Ask questions and make sure you understand the answers. Choose a doctor you feel comfortable talking to. Take a relative or friend with you to help you ask questions and understand the answers.

2 **KEEP AND BRING A LIST OF ALL THE MEDICINES YOU TAKE.**

Give your doctor and pharmacist a list of all the medicines that you take, including non-prescription medicines. Tell them about any drug allergies you have. Ask about side effects and what to avoid while taking the medicine. Read the label when you get your medicine, including all warnings. Make sure your medicine is what the doctor ordered and know how to use it. Ask the pharmacist about your medicine if it looks different than what you expected.

3 **GET THE RESULTS OF ANY TEST OR PROCEDURE.**

Ask when and how you will get the results of tests or procedures. Don't assume the results are fine if you do not get them when expected, be it in person, by phone, or by mail. Call your doctor and ask for your results. Ask what the results mean for your care.

4 **TALK TO YOUR DOCTOR ABOUT WHICH HOSPITAL IS BEST FOR YOUR HEALTH NEEDS.**

Ask your doctor about which hospital has the best care and results for your condition if you have more than one hospital to choose from. Be sure you understand the instructions you get about follow-up care when you leave the hospital.

5 **MAKE SURE YOU UNDERSTAND WHAT WILL HAPPEN IF YOU NEED SURGERY.**

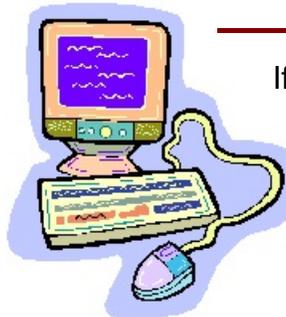
Make sure you, your doctor, and your surgeon all agree on exactly what will be done during the operation. Ask your doctor, Who will manage my care when I am in the hospital?. Ask your surgeon: Exactly what will you be doing? About how long will it take? What will happen after the surgery? How can I expect to feel during recovery? Tell the surgeon, anesthesiologist, and nurses about any allergies, bad reaction to anesthesia, and any medications you are taking.

WEBSITE DIRECTORY

Alcoholics Anonymous (Central Jersey Intergroup)	www.centraljerseyintergroup.org
American Academy of Pediatrics	www.aap.org
American Cancer Society	www.cancer.org
American Diabetes Association	www.diabetes.org
American Heart Association	www.americanheart.org
American Lung Association	www.lungusa.org
American Liver Foundation	www.liverfoundation.org
American Red Cross	www.redcross.org
American Stroke Association	www.strokeassociation.org
Asthma Allergy Foundation of America	www.aafa.org
Auto Safety Hotline	www.nhtsa.dot.gov
Centers for Disease Control and Prevention	www.cdc.gov
Child Care Connection (child care referrals)	www.childcareconnection-nj.org
Consumer Product Safety Commission	www.cpsc.gov
FamilyCare (health insurance)	www.njfamilycare.org
Food and Nutrition Information Center	www.nal.usda.gov/fnic
Hyacinth AIDS Foundation	www.hyacinth.org
Healthfinder (search engine)	www.healthfinder.gov
Immunization Action Coalition	www.immunize.org
Juvenile Diabetes Research Foundation	www.jdrf.org
March of Dimes	www.marchofdimes.com/newjersey
Men's Health	www.menshealthnetwork.org
Middle Earth (resources for youth)	www.middleearthonline.org
National Mental Health Association	www.nmha.org
National Cancer Institute	www.nci.nih.gov
National Heart, Lung and Blood Institute	www.nhlbi.nih.gov

WEBSITE DIRECTORY

National Institute on Aging	www.nih.gov/nia
National Library of Medicine (search engine)	www.medlineplus.gov
NJ Dental Association	www.njda.org
NJ Department of Health and Senior Services	www.state.nj.us/health
NJ Office of Cancer Control and Prevention	www.njcancer.gov
NJ Poison & Information System	www.njpies.org
NJ Self Help Group Clearinghouse	www.njgroups.org
NJ Tobacco Quitnet	www.nj.quitnet.com
RxAssist (clearinghouse for medication assistance)	www.rxassist.org
Women's Health	www.4woman.gov



If you have been diagnosed with an illness and want more information, the internet is a good place to start. Always discuss your findings with your health care provider by using it as a basis for questions. Since there is no peer review to guarantee what you are reading is accurate or up-to-date, it is important to be a cautious consumer of online information.

- ◆ Some doctors offer online consultations, though it is difficult to know if their credentials are genuine. Only accept a diagnosis from a doctor who has seen you personally and has access to your medical records.
- ◆ Having prescriptions filled online can be economical and convenient, but don't assume you are getting bargain prices. Only purchase medication prescribed by your own physician, never from a cyber-pharmacist who may prescribe potentially dangerous drugs without ever seeing the patient.
- ◆ Question any site that sells products, especially a product that claims to have a 100% cure rate, or can cure everything. Be suspicious of claims of a "secret ingredient", "break-through", or "ancient remedy". Mysterious charts, testimonials and scientific words like "ionic" or "antioxidant" may, or may not, mean anything.
- ◆ Look for resources from:
 - ✓ United States government agencies, state/local government agencies, and other organizations partnering with government agencies
 - ✓ News web sites
 - ✓ National voluntary, nonprofit and professional organizations
 - ✓ Universities, other educational institutions and libraries