



PRINCETON HEALTH MATTERS

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Sun Safety

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family:

- * You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.
- * When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor. If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.
- * For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas.
- * Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.
- * Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage. Most sunscreen products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor. Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.



Public Health Term of the Month

Exposure

“Contact with a substance by swallowing, breathing, or touching the skin or eyes. Exposure may be short-term [acute exposure], of intermediate duration, or long-term [chronic exposure].

How is the difference between acute and chronic exposure?

Acute exposure is the contact with a substance that occurs once or for only a short time (up to 14 days)

Chronic exposure is continuous or repeated contact with a toxic substance over a long period of time (months or years)

Some examples of acute and chronic exposure:

It might take a few minutes to clean windows with ammonia, use nail polish remover or spray a can of paint. The fumes someone might inhale during these activities are examples of acute exposures. If a chemical is used every day on the job, the exposure would be chronic. Over time, some chemicals, such as PCBs and lead, can build up in the body and cause long-term health effects. Chronic exposures can also occur at home. Some chemicals in household furniture, carpeting or cleaners can be sources of chronic exposure.

BBQ Safety/Foodborne Illness

Food poisoning peaks in the summer months when warmer temperatures cause foodborne germs to flourish. Follow these steps for a safe and enjoyable grilling season.

- * When shopping, pick up meat, poultry, and seafood last, right before checkout. Separate them from other food in your shopping cart and grocery bags.
- * Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below 41°F in an insulated cooler.
- * Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.
- * Use a moist cloth or paper towel to clean the grill surface before cooking. If you use a wire bristle brush, thoroughly inspect the grill's surface before cooking. Wire bristles from grill cleaning brushes may dislodge and stick into food on the grill.
- * Throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill.
- * Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker at 225°F to 300°F to keep meat at a safe temperature while it cooks.

145°F – whole cuts of beef, pork, lamb, and veal (stand-time of 3 minutes at this temperature)

145°F – fish

160°F – hamburgers and other ground beef

165°F – all poultry and pre-cooked meats, like hot dogs

After Grilling: 135°F or warmer – until it's served

Refrigerate: Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).



Health Officer's Message: Septic System Maintenance

Septic system maintenance is not complicated, and it does not need to be expensive. Upkeep comes down to four key elements:

- **Inspect and Pump Frequently:** The average household septic system should be inspected at least every three years by a septic service professional. Household septic tanks are typically pumped every three to five years. Alternative systems with electrical float switches, pumps, or mechanical components should be inspected more often, generally once a year. A service contract is important since alternative systems have mechanized parts. Four major factors influence the frequency of septic pumping are household size, total wastewater generated, volume of solids in wastewater and septic tank size.
- **Use Water Efficiently:** The average indoor water use in a typical single-family home is nearly 70 gallons per individual, per day. Just a single leaky or running toilet can waste as much as 200 gallons of water per day. All of the water a household sends down its pipes winds up in its septic system. The more water a household conserves, the less water enters the septic system. Efficient water use improves the operation of a septic system and reduces the risk of failure. EPA's WaterSense program has many simple ways to save water and water-efficient products. That includes high-efficiency toilets, faucet aerators and high-efficiency showerheads, washing machines and more.
- **Properly Dispose of Waste:** Whether you flush it down the toilet, grind it in the garbage disposal, or pour it down the sink, shower, or bath, everything that goes down your drains ends up in your septic system. What goes down the drain affects how well your septic system works. Toilets aren't trash cans! Your septic system is not a trash can. An easy rule of thumb: Do not flush anything besides human waste and toilet paper. Never flush: cooking grease or oil, flushable wipes, photographic solutions, feminine hygiene products, condoms, dental floss, diapers, cigarette butts, coffee grounds, cat litter, paper towels, pharmaceuticals, and household chemicals like gasoline, oil, pesticides, antifreeze, and paint or paint thinners. Think at the sink! Your septic system contains a collection of living organisms that digest and treat household waste. Pouring toxins down your drain can kill these organisms and harm your septic system. Whether you are at the kitchen sink, bathtub, or utility sink:
 - * Avoid chemical drain openers for a clogged drain. Instead, use boiling water or a drain snake.
 - * Never pour cooking oil or grease down the drain.
 - * Never pour oil-based paints, solvents, or large volumes of toxic cleaners down the drain. Even latex paint waste should be minimized.
 - * Eliminate or limit the use of a garbage disposal. This will significantly reduce the amount of fats, grease, and solids that enter your septic tank and ultimately clog its disposal field.

- **Maintain Your Disposal Field**

Your disposal field—a component of your septic system that removes contaminants from the liquid that emerges from your septic tank—is an important part of your septic system. Here are a few things you should do to maintain it:

Parking: Never park or drive on your disposal field.

Planting: Plant trees the appropriate distance from your disposal field to keep roots from growing into your septic system. A septic service professional can advise you of the proper distance, depending on your septic tank and landscape.

Placing: Keep roof drains, sump pumps, and other rainwater drainage systems away from your disposal field area. Excess water slows down or stops the wastewater treat-

Update on Princeton's Health Department Accreditation Process

The New Jersey Department of Health received National accreditation from the Public Health Accreditation Board, it is now 1 of the 26 states and 162 local health departments to be accredited.

As for PHD, the inactive status ended on June 26, 2017. The PHD is currently participating in the 2nd addition document submission phase where they only have 30 days to upload all the missing and requested documentation on the electronic portal.

After the 30 days, PHAB will review the submissions and assign the PHD with a site visit date. In the mean time, once the portal closes again, PHD will prepare for the site visit. Preparation includes, having all 1000+ documents on hand for the site visit team, all policies and procedures readily accessible and facility maintenance in check

Stay tuned for more exciting public health accreditation updates in the Fall 2017 edition!



Princeton Health Department:

Did you know? - How to beat the summer heat

Stay Cool

Wear Appropriate Clothing: Choose lightweight, light-colored, loose-fitting clothing.

Stay Cool Indoors: Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area. Keep in mind: Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.

Schedule Outdoor Activities Carefully: Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.

Do Not Leave Children in Cars: Cars can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children are especially at risk of getting a heat stroke or dying. When traveling with children, remember to do the following: Never leave infants, children or pets in a parked car, even if the windows are cracked open, remind yourself that a child is in the car!

Stay Hydrated

Drink Plenty of Fluids: Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.

Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

Keep Your Pets Hydrated: Provide plenty of fresh water for your pets, and leave the water in a shady area.

Stay Informed

Check for Updates: Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.

Monitor Those at High Risk: Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others. Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching

Stay **Cool**



Stay **Hydrated**

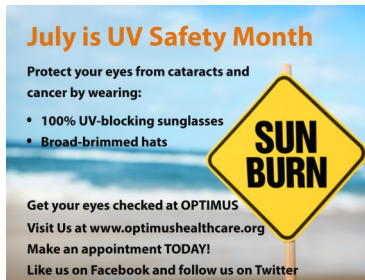


Stay **Informed**



Health Department Announcements and Upcoming Events

July in UV Safety Month



The Princeton Health Department recognizes July as UV Safety Month, an excellent opportunity to increase UV Safety awareness. The skin is the body's largest organ. It protects against heat, sunlight, injury, and infection. The Health Department encourages you to help people in your community to learn more about the importance of protecting your skin from the sun. Please reach out to Princeton Health Department for proper practices on UV/Sun Safety .

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 to the age of five. For appointments and to see if you are eligible, please call (609) 498-7755.



Every third Wednesday of the month from 5-6:30 p.m. Cornerstone Kitchen will be having a Dog Bite Prevention Lesson at the United Methodist Church. At this event there will be Lyme and mosquito prevention material and a short emergency preparation survey will be conducted.

The Princeton Police Department, PBA Local #130 and the Princeton Recreation Department will host the town's annual National Night Out event on Tuesday, Aug. 1, 5 p.m. – 8 p.m. at the Community Park Pool, 360 Witherspoon Street. The event is open to all Princeton residents, and attendees may use the pool facilities free of charge during the event.



PUBLIC HEALTH MATTERS... IN PRINCETON

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Sources: www.cdc.gov, www.epa.gov, www.healthy.ny.gov

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