



# Health Resources

From the Bergen County Health Promotion Resource Center

May/June 2003

## *MAY IS LYME DISEASE AWARENESS MONTH*

Lyme disease, the most commonly reported tick-borne disease in the United States, has become an important public health problem. New Jersey consistently ranks among the states reporting the most cases. Education about ticks and personal precautions can play an important role in prevention and early recognition.

### ***Lyme Disease: Facts for Kids***

Luis from Sesame Street and muppets present information on Lyme disease, preventing tick bites and tick removal in this video produced by the Lyme Disease Foundation, Inc., in conjunction with the Centers for Disease Control and Prevention. Two segments, Dr. Ticked-Off & His Tick Patrol for grades K-4 and WTIK: Do A Tick-Check for grades 5-8, are included in both English and Spanish.

*VHS, 18 minutes*

*Request: AV MCO16*

### ***Lyme Disease: What You Should Know!***

Topics included in this comprehensive video include ticks, transmission, diagnosis, symptoms, treatment, tick removal, personal protection, and property management. Because of the amount of information included, the video would be most appropriate for grades 11 to adults. Produced by the Lyme Disease Foundation.

*VHS, 25 minutes*

*Request: AV MCO21*

### ***Other health resources include:***

#### ***Get It Checked: Why and How To Do Skin Self Exams***

Basic information about skin cancer, including types of skin cancer and risk factors are presented in this 2000 video produced by the American Cancer Society. The sizes and shapes of types of moles are illustrated, and the procedures for a self-exam are demonstrated. The video is appropriate for grades 9 to adults.

*VHS, 13 minutes*

*Request: AV MCH36*

The Health Promotion Resource Center offers information and health promotion materials such as videos for loan and accompanying handouts on a wide range of health issues to residents of towns contracting with the Department of Health Services for health education. Residents are invited to call their health educator at (201) 634-2600, or the Resource Center at (201) 634-2703.

#### **Policies for Borrowing Videos**

- Up to two videos may be borrowed at one time.
- Videos may be borrowed for a period of 5 business days.
- A \$50 personal or business check or voucher (school or other) is required as a deposit for each video that is borrowed.
- School personnel can call to inquire about courier delivery.

#### **Health Promotion Resource Center**

#### **Bergen County Department of Health Services**

327 E. Ridgewood Avenue, Room 301 • Paramus, New Jersey 07652-4895

www.bergenhealth.org • (201) 634-2703 • mdoremus@co.bergen.nj.us



Program conducted under the auspices of Bergen County Executive Dennis McNerney  
and the Board of Chosen Freeholders



## Health Publications

### From the Bergen County Health Promotion Resource Center

May/June 2003

The brochures described below are free to residents of towns contracting with the Department of Health Services for health education. Please complete the form at the bottom of the page to receive a single copy.

***Lyme Disease: A Public Information Guide*** - This full-color brochure is produced and distributed by the Centers for Disease Control and Prevention (CDC). A wide range of information concerning Lyme disease is included, such as symptoms and signs of Lyme disease, diagnosis and prognosis, and personal protection from tick bites.

***It's Your Skin. Wear It Well!*** - Basic precautions for being sun-smart are included in this bookmark produced by the American Cancer Society (ACS). According to the ACS, about 80% of skin cancers could be prevented by protecting ourselves from the sun's rays. Sun exposure adds up every day, not just on the beach.

***Severe Acute Respiratory Syndrome (SARS)*** - This one-page fact sheet summarizes current information concerning SARS. Information is included on symptoms, transmission, risk factors and what people can do to protect themselves and their family from SARS.

***Environmental Tobacco Smoke (ETS) Complaint Line*** - Does environmental tobacco smoke (secondhand smoke) bother you? The phone number for the ETS Complaint Line offered by the Bergen County Health Officers Tobacco Coalition is featured on this wallet-sized card, printed on card stock.

*Please send me the following brochure(s):*

- Lyme Disease: A Public Information Guide*
- It's Your Skin. Wear It Well!*
- Severe Acute Respiratory Syndrome (SARS)*
- Environmental Tobacco Smoke (ETS) Complaint Line*

Name: \_\_\_\_\_

School/Organization: \_\_\_\_\_

Street address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

*Mail your completed form to:*

Health Promotion Resource Center  
Bergen County Department of Health Services  
327 E. Ridgewood Avenue, Room 301  
Paramus, NJ 07652-4895

Forms may also be faxed to 201-986-1068, *ATTN: Resource Center*  
For information on multiple copies, call 201-634-2703.

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