



Dennis McNerney  
County Executive

Bergen County Health Promotion Resource Center

# The Health Resource Letter

May/June 2005

## Health Fact Corner



The ozone layer forms a thin shield high up in the sky. It protects life on earth from the sun's ultraviolet (UV) rays.

In the 1980s, scientists began finding clues that the ozone layer was going away or being depleted. This allows more UV radiation to reach the earth's surface which creates a greater chance for people to get too much UV radiation. Too much UV can cause health problems like skin cancer, eye damage and a weakened immune system.

There's no other way to say it - tanned skin is damaged skin. Any change in the color of your child's skin after time outside - whether sunburn or suntan - indicates damage from UV rays.



The sun's rays are strongest between 10 a.m. and 4 p.m. Whenever possible, limit exposure to the sun during these hours.

- US Environmental Protection Agency, <http://epa.gov/sunwise/>

## SUMMER IS HERE - OUCH, SO ARE THE BUGS!!



Ticks have eight legs, but are very tiny. They might look like a speck of dirt or the head of a pin. Therefore, they are rarely noticed and may have enough time to transmit Lyme disease to a human. Lyme disease is transmitted most commonly during the spring and summer months. The disease has become an important public health problem in New Jersey. Below are some resources to find out more about ticks and Lyme disease.

### Lyme Disease: Facts for Kids

Two segments are presented by the Sesame Street Muppets, Dr. Ticked-Off and His Tick Patrol for K-4 and WTIK: Do A Tick-Check for 5-8 grades. The video includes preventing tick bites, tick removal and information about lyme disease.

VHS, 18 minutes each

Request: AV MCO16

### Lyme Disease: What You Should Know!

Produced by the Lyme Disease Foundation, this video provides information on ticks, transmission, diagnosis, symptoms, treatment, tick removal, personal protection, and property management.

VHS, 25 minutes

Request: AV MCO21

### Getting Ready for the Great Outdoors

Students in grades 3-5 will learn about how to protect themselves from Lyme disease, how to remove a tick from their bodies and the importance of early treatment. Reviews report that students were amazed to see the actual size of a tick.

VHS, 15 minutes

Request: AV MCO7

## BABY-SITTING TIPS

Whether experienced or just starting out, there are many things to consider this summer when taking on the responsibility of baby-sitting. The *Super Sitters Basics* video based system produced by the Super Sitters, Inc, teaches babysitters the basic rules of safety when caring for babies and young children. It includes a resource guide and first aid manual. Evaluation questions will be provided upon request. Appropriate for grades 5-8. Dated 1988.

VHS, 30 minutes

Request: AV IC11



Health Promotion Resource Center  
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[www.bergenhealth.org](http://www.bergenhealth.org) • 201-634-2703 • [ccaporrino@co.bergen.nj.us](mailto:ccaporrino@co.bergen.nj.us)



# Health Publications

May/June 2005

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. For information on multiple copies, call 201-634-2703.

**Lyme Disease: A Public Information Guide** - This full-color booklet 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, a diagram of the life of a tick, and personal protection from tick bites.

**Lyme Disease: The Facts, The Challenge** - This US Department of Health and Human Services booklet provides the "how" of Lyme disease: how Lyme disease became known, how it is diagnosed and treated and how to prevent from affecting your community or household. A glossary page is provided for your convenience.

**Enjoy the Summer Safely** - Play safe in the water with helpful tips about water safety guidelines, swimming pool precautions, and tidal water safety.

**Summer Food Word Search** - Search for fruits, veggies and other summer foods such as watermelon, pickle and hotdog. Words can be either horizontal, vertical or diagonal.

*I am interested in receiving the following materials:*

**Brochures**

**Videos**

- Lyme Disease: A Public Information Guide**
- Lyme Disease: The Facts, The Challenge**
- Enjoy the Summer Safely**
- Summer Food Word Search**
- Lyme Disease: Facts for Kids - AV MCO16**
- Lyme Disease: What You Should Know! - AV MCO21**
- Getting Ready for the Great Outdoors - AV MCO7**
- Super Sitters Basics - AV IC11**

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.

**Please check here if your mailing address label was incorrect.**

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.

**Video Borrowing Policy**

- Up to two videos may be borrowed at one time.
- Videos may be borrowed for a period of 10 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.