



Dennis McNerney  
County Executive

Bergen County Health Promotion Resource Center

# The Health Resource Letter

September/October 2010

Board of Chosen Freeholders

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**Featured Resource**

*September is National Preparedness Month*

This year encourage your colleagues, students and their parents to work together to take concrete actions toward emergency preparedness. Encourage everyone to truly help themselves, their neighbors, and their communities be *Ready*.

The DVD, *How Prepared Is Your Family for an Emergency?* contains presentations on:

- Your Emergency Plan
- Evacuation
- Home Preparation
- Your Kit
- Contact Information
- A Personal Checklist

The checklist can be printed for personal use.

The DVD is intended for use on a computer and not in a DVD player.

Request a copy of this great resource to use at

*October is Fire Prevention Month*

*Sparky's Greatest Escapes*

Three stories show fire escape plans for a single-family home, an apartment building and a high rise. Emphasizes are the need for two plans, practicing the plan, a meeting place and never returning to a burning building. A blank floor plan for students to draw escape plans is available. This 1999 production of the National Fire Protection Association is appropriate for ages 6-9.

VHS, 14 min.  
Request: AV IC43

*Start the Year with Hygiene!*

Get your year off to a clean start with general hygiene. A variety of resources are available for different ages. Both VHS and DVD are available!

*Clean Kids*

The Clean Kids Club mobilizes to keep kids clean and safe from harmful germs.

K - 3 15 min. VHS and DVD  
Request: AV P06

*Clean Up Your Act*

A germ tells viewers about his life and family, including where they live and what they need to grow. The germ meets a tragic end.

Grades 1 - 4 15 min. VHS  
Request: AV P01

*My Wonderful Body Machine*

Speaks of the body as a well-orchestrated machine. Stresses habits that promote health. Four segments are included on one tape.

PreK - 1 1987 7 min. VHS  
Request: AV P04

*Whatsa Hygiene?*

When members of the band are confronted with a health assignment, they don't know where to begin. "Whatsa hygiene?" asks the bass guitarist. The band members compose the words and music that will inspire young viewers to stay clean and healthy.

Grades 4-6 1999 18:06 min. VHS and DVD  
Request: AV DVD M01



**Health Promotion Resource Center**  
**Bergen County Department of Health Services**  
327 E. Ridgewood Avenue, Room 301 • Paramus, New Jersey 07652-4895  
[www.bergenhealth.org](http://www.bergenhealth.org) • 201-634-2709

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 multiple copies. Feel free to make copies of the handouts as needed or to request multiple copies.

***Munching Matters - The Secret to Smart Snacking*** - This full-color brochure emphasizes practical suggestions for snacking on fruit and vegetables both at home and on-the-go. Ideas are designed to be as easy as possible!

***Autumn Health and Safety Tips*** - A full-color flyer with tips on a variety of topics. Some focus on preventing the flu, getting smart with antibiotics, a safe and healthy Halloween, cold weather, food safety and, of course, handwashing!

***Myth Busters: 6 Myths about Teens and Prescription Drug Abuse*** - Many teens, and adults, believe that prescription drugs are safer than illegal drugs. This two-sided flyer helps to dispel those myths. Good for tweens, teens and their parents!

***Fight BAC!<sup>TM</sup> Secret Code Puzzle*** - This is BAC for bacteria. Learn more about this invisible bad guy and use the BAC!<sup>TM</sup> detector code to uncover his secrets!

***Remember the Steps*** - a black and white coloring sheet with the steps of preparing and using a family escape plan. Use with the video, *Sparky's Greatest Escapes*, or as a separate classroom activity.

***Halloween Scramble*** - The scrambled words on this black and white activity sheet all have tips for staying safe on Halloween.

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 ■ Paramus, NJ 07652-4895

***Forms may also be faxed to 201-986-1068. ATTN: Resource Center***

**Handouts**

Indicate the quantity of each that you would like:

- \_\_\_\_\_ Munching Matters - The Secret to Smart Snacking (limit 100)
- \_\_\_\_\_ Autumn Health and Safety Tips (limit 150)
- \_\_\_\_\_ Myth Busters: 6 Myths about Teens and Prescription Drug Abuse (limit 100)
- \_\_\_\_\_ Fight BAC!<sup>TM</sup> Secret Code Puzzle (no limit)
- \_\_\_\_\_ Remember the Steps (no limit)
- \_\_\_\_\_ Halloween Scramble (no limit)

**Featured Resource**

- \_\_\_\_\_ *How Prepared in Your Family for an Emergency?* (DVD)  
(Check to receive single copy.)

**Videos**

Indicate your first choice for a date or call to ask about scheduling these visuals:

- \_\_\_\_\_ Sparky's Greatest Escapes (AV IC43)
- \_\_\_\_\_ Clean Kids (AV P06)  
\_\_\_\_\_ DVD  
\_\_\_\_\_ VHS
- \_\_\_\_\_ Clean Up Your Act (AV P01)
- \_\_\_\_\_ My Wonderful Body Machine (AV P04)
- \_\_\_\_\_ Whatsa Hygiene? (AV DVD M01)  
\_\_\_\_\_ DVD  
\_\_\_\_\_ VHS

**Video Borrowing Policy**

Up to two videos may be borrowed at one time. • Videos may be borrowed for a period of 10 business days  
Courier delivery is available for school personnel.