



Dennis McNerney
County Executive

Bergen County Health Promotion Resource Center

The Health Resource Letter

November/December 2010

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Featured Resource

Reporting Communicable Diseases

- Immediately reportable diseases should be called in to the local health department where the patient resides.
- If the local health department is unavailable or if the patient does not live in New Jersey, the report should be called in to the NJ Department of Health and Senior Services (NJDHSS) at **609-826-5964** during regular business hours, and **609-392-2020** on nights, weekends and holidays.
- The NJDHSS telephone number has changed, effective July 2010. The following updated materials are available :
 - • a wallet-sized tip card.
 - • a quick reference card of reporting requirements.
 - • a brochure describing reporting requirements in more detail.
 - • a 5 1/2 x 8 1/2" reportable disease magnet.

□ Request these materials on the order form on the back.

The Great American Smokeout is Here Again!

□ November 18 is the 35th Great American Smokeout. Take part in this important day by showing this video or others from the Resource Center.

Smokeless Tobacco: Basic Facts

□ If you think that smokeless tobacco is harmless just because it isn't inhaled, think again! This hard-hitting visual shows graphic depictions of the terrible damage caused by this highly addictive product. A 2004 production of the Educational Video Network.

□ Grades 8-12 18 min. DVD
□ Request: AV DVD S04

World AIDS Day

□ This year' theme is "Protect Yourself and Others from HIV Infection." The featured visual focuses on protecting yourself by taking responsibility.

AIDS: Facts for Kids

□ Gives a straightforward message for younger students: "Protecting yourself from HIV and AIDS is your own responsibility." Offers straightforward advice: don't have sex, don't use illegal drugs, and guard against any activity that might result in the mixing of blood. Produced by Marsh Media and updated in 2009.

□ Grades 4-6 9 min. 15 sec. DVD
□ Request: AV DVD A02

Cold and Flu Season is Coming!!

□ Handwashing, handwashing, handwashing!! Repeat this simple, but effective message on stopping the spread of colds and the flu with these three titles.

All Hands on Deck: True Confessions of a Filthy, Rotten Disgusting GERM

□ Grades 2-5 2004 10 min. DVD
□ Request: AV DVD MCO05

The Handwasher's Brigade Presents: How to Wash Your Hands!

□ Grades 1-4 1999 13 min. DVD
□ Request: AV DVD MCO03

The Trail of the Invisible Yuck

□ Late elementary to early middle school 2004 2 min. DVD
□ Request: AV DVD MCO04



Health Promotion Resource Center
Bergen County Department of Health Services
327 E. Ridgewood Avenue • Paramus, New Jersey 07652-4895
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.

Flu Basics. What You Need to Know to Stay Healthy During Flu Season - This colorful brochure presents basic information about preventing the flu in an attractive and easily read format. Great for parents and staff as well as students above early elementary grades.

Holiday Decorating Safety Tips - A colorful brochure with helpful hints on how to keep the holidays safe. Topics include candles, trimmings, fires, paper, general rules and more.

10 Things You Can Do To Keep Your Child Tobacco Free - Along with 10 very specific tips for parents to help keep their child or children from smoking, this colorful brochure includes some basic facts about tobacco, including cigarettes and smokeless tobacco.

HIV/AIDS Crossword Puzzle - Words refer to the causes of HIV/AIDS, how it is spread and how transmission can be prevented. A black and white activity sheet.

Risky Business - A worksheet for the student to match the high risk behavior to the explanation of why its dangerous. Black and white.

Benefits of Quitting Smoking - a black and white fact sheet that describes the short- and long-term benefits of quitting smoking. Useful for older students who smoke, parents and staff.

Hand Washing Word Scramble - A black and white activity sheet. The hints to help students solve the word scrambles reinforce why hand washing is important.

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:

- _____ Flu Basics-(limit 50)
- _____ Holiday Decorating Safety Tips (limit 150)
- _____ 10 Things You Can Do To Keep Your Child Tobacco Free (limit 100)
- _____ HIV/AIDS Crossword Puzzle (no limit)
- _____ Risky Business (no limit)
- _____ Benefits of Quitting Smoking (no limit)
- _____ Hand Washing Word Scramble (no limit)

Videos

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

- _____ Smokeless Tobacco: Basic Facts (AV DVD S04)
- _____ AIDS: Facts for Kids (AV DVD A02)
- _____ All Hands on Deck (AV DVD MCO05)
- _____ The Handwasher’s Brigade Presents: How to Wash Your Hands (AV DVD MCO03)
- _____ The Trail of the Invisible Yuck (AV DVD MCO04)

Featured Resource

- _____ *Communicable Disease Reporting materials*
(Check to receive a single set.)

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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.