

# Your Health Your Life



A Health Newsletter  
from the  
Atlantic County  
Division of Public Health

Winter 2019

## What is Adenovirus?

Adenoviruses are very common in the community and result in mild to severe illness such as: common cold, sore throat, bronchitis, pneumonia, pink eye, and fever. Adenoviruses can cause more severe illness in people who have underlying medical conditions or who have weakened immune systems. Contact a health care provider if you are concerned about your health or the health of your child. The NJ Department of Health and the Atlantic County Division of Public Health recommend that people follow these simple steps to protect yourself and others from colds, flu, and other respiratory illnesses throughout the year:

- Wash hands often with soap and water.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with people who are sick.
- Stay home if you are sick and keep sick children home from school.
- Cover your mouth and nose when coughing or sneezing.
- Avoid sharing cups and eating utensils with others.
- Avoid kissing others.

For more information and resources on adenovirus visit:  
[www.cdc.gov/adenovirus](http://www.cdc.gov/adenovirus)



## Walk-In Flu Clinics

Flu shots continue to be available to residents 18 years and older for \$15 (cash or check). There is no out-of-pocket fee for Medicare Part B recipients who present their Medicare cards.

**Monday-Friday 9AM-12PM**

**Stillwater Building**

**201 S. Shore Road, Northfield**

**Every Tuesday 10AM-12PM**

**310 Bellevue Avenue, Hammonton**

Free blood pressure screenings are available at all walk-in flu clinics. For more information please call: (609) 645-5933 or visit [www.aclink.org/flu](http://www.aclink.org/flu)

## February is American Heart Month

High blood pressure, also known as hypertension, greatly increases your risk of heart disease and stroke. You may have high blood pressure and not show any symptoms. A normal blood pressure should be below 120/80. Honor your heart this month by receiving a free blood pressure screening during one of our walk-in flu clinics.

## March is National Nutrition Month: Create Your Healthy Eating Style

To create your healthy eating style, start with small changes to your meal and beverage choices. These small and quick changes are something you can build on over time and get you a step closer to your health and wellness goals. Include choices in a variety of colors from all the My Plate food groups (fruits, vegetables, proteins, grains and dairy) to meet your calorie and nutrient needs when planning or preparing meals and snacks.

**Focus on whole fruits.** Whole fruits can include fresh, frozen, dried, and canned options. Choose whole fruits, like apples, bananas, oranges, grapes or pears, more often than 100% juice.

**Vary your veggies.** Vegetables are divided into five subgroups and include dark-green vegetables, red and orange vegetables, legumes (beans and peas), starchy vegetables, and other vegetables. Choose vegetables from all sub groups.

**Make half your grains whole grains.** Grains include whole grains (whole wheat, brown rice, quinoa, whole oats) and refined/enriched grains (white flour, white rice). Choose whole grains more often than refined/enriched grains.

**Vary your protein routine.** Protein foods include both animal (seafood, meat, poultry, and eggs) and plant sources (nuts, beans and peas\*, seeds, and soy products). Choose a variety of lean protein foods from both plant and animal sources. \*Note: beans and peas are also part of the vegetable group.

**Move to low-fat or fat-free milk or yogurt.** Dairy includes milk, yogurt, cheese, and calcium-fortified soy beverages (soymilk). Choose fat-free (skim) and low fat (1%) dairy foods.

**Oils** are also part of healthy eating styles because they provide nutrients for the body, like fatty acids and vitamin E, and they enhance the flavor of your food. The healthiest oils are eaten as a natural part of the food, such as in nuts, olives, avocados, and seafood.

**What you drink is just as important as what you eat.** Choosing to drink water instead of sugary drinks like soda, energy drinks or sports drinks, is a great small and quick change. It is usually the less expensive choice, too.

For more information and resources on National Nutrition Month and Healthy Eating, visit: [www.choosemyplate.gov](http://www.choosemyplate.gov)

For more information about a variety of health topics and other health-related news please visit [www.aclink.org/PublicHealth](http://www.aclink.org/PublicHealth)



Atlantic County Division of Public Health: Working for Healthy People and Healthy Communities  
Atlantic County Executive  
Dennis Levinson

Atlantic County Board of Freeholders  
Frank D. Formica, Chairman

# Pregnant? We can help!

## Prenatal Care

Prenatal care is the care you get while you are pregnant. It is recommended that you start prenatal care in the first three months of your pregnancy. Starting prenatal care early can improve your chances of having a safe, healthy pregnancy. Pregnancy testing and prenatal care are offered at the following locations in Atlantic County:

- ◆ **Southern Jersey Family Medical Center (SJFMC)** – SJFMC provides pregnancy testing and prenatal care to women with or without medical insurance. Should a healthcare provider determine you are pregnant, you will be scheduled to meet with a SJFMC Women's Health Coordinator who will help guide all your healthcare needs through your entire pregnancy. SJFMC has locations in Atlantic City (609-348-0066), Egg Harbor Township (609-481-3185), Hammonton (609-567-0200, and Pleasantville (609-383-0880). You can also visit [www.sjfmcc.org](http://www.sjfmcc.org) for more information.
- ◆ **Reliance Medical Group** – Reliance provides maternity care, post-maternity care, pregnancy testing, and pre-pregnancy consultations for women with or without insurance. Reliance has OB/GYN clinics in Somers Point (609-653-1016) and Atlantic City (609-344-1836). You can also visit [www.relianceobgyn.com](http://www.relianceobgyn.com) for more information.

## Home Visiting Programs

If you are pregnant or a new parent, you may need help caring for your baby. If you enroll in a home visiting program, a professional will come to your home and provide education and support to help you care for your baby. These professionals can also help connect you and your family to healthcare and social services. Home visiting programs are free to those who qualify. **Call the Connection at 1-800-611-8326 to speak with a trained specialist who can help link you to this service.** The Connection is part of New Jersey's Healthy Women, Healthy Families Initiative and is under the direction of the Southern NJ Perinatal Cooperative supported with funding from the NJ Department of Health.

## Nutrition and Breastfeeding Support

WIC is a special supplemental food and nutrition education program for Women, Infants and Children. To be eligible, one must be pregnant and/or have a child or infant under 5 years old, have low or moderate income, and be at nutritional risk. Those eligible for WIC receive healthy foods, nutrition education, and breastfeeding information and support. To find out more information call the WIC center closest to you.



### **Atlantic City**

139 N Iowa Ave.  
609-246-7767

### **Galloway**

333 E Jimmie Leeds Rd.  
609-382-5050

### **Egg Harbor City**

300 Philadelphia Ave.  
Suite B  
609-593-3940

In addition to WIC, the organizations listed below also offer various breastfeeding services such as breastfeeding classes, private lactation consultations, and breastfeeding support groups.

### **AtlantiCare\***

(Breastfeeding classes)  
100 Hackberry Way  
Pomona  
1-888-569-1000  
[www.atlanticare.org/services/womens-health/maternity/parent-education](http://www.atlanticare.org/services/womens-health/maternity/parent-education)

### **Southern NJ Perinatal Cooperative**

(Free breastfeeding information)  
605 W. California Ave.  
Pleasantville  
609-345-6420  
[www.snjpc.org](http://www.snjpc.org)

### **Shore Medical Center**

(Breastfeeding classes and one-on-one counseling)  
100 Medical Center Way  
Somers Point  
609-653-3238

### **La Leche League**

(Breastfeeding support groups)  
Galloway and Linwood  
1-877-452-5324  
[www.llli.org](http://www.llli.org)

\*Baby-Friendly Designated Birth Facility

## *Protect Your Health*

The Atlantic County Division of Public Health offers the following health clinics for county residents at low or no-cost. **Call 609-645-5933 for information and to check for eligibility:**

**Live Stronger, Longer:** *Blood Pressure, Cholesterol, Diabetes, and Colorectal screenings.*

**Men's Health:** *Blood Pressure, Cholesterol, Diabetes, Prostate and Colorectal screenings.*

**Women's Health:** *Blood Pressure, Cholesterol, Diabetes, Colorectal screenings, Mammogram Referral, Pap Smear, and Pelvic Exam.*

**Child Health:** *Provides immunizations for children 18 years and younger.*

**Sexually Transmitted Disease:** *Testing and treatment for STDs including HIV and are available regardless of age.*

**Adult Vaccinations:** *Provides vaccines for adults 19 years and older.*

**Confidential Substance Abuse Screenings are also available.  
Call 609-645-5945 for more information.**

## Atlantic County Animal Shelter

The mission of the Atlantic County Animal Shelter, located at 240 Old Turnpike Road in Pleasantville, is to reunite lost pets with their owners, match adoptable pets with the best potential owners, and to provide care and compassion to animals in a healthy environment. When you adopt a dog or cat from the Animal Shelter, your adoption fee includes mandatory spaying or neutering, age-appropriate vaccinations, diagnostic testing, a microchip, and a free veterinary consultation. In addition, the Animal Shelter offers free obedience training classes with each puppy or dog adoption. **The Animal Shelter offers one free rabies vaccination clinic a month. For more information on the animal shelter, including hours of operation, call 609-485-2345.**

