









Passaic County Department of Health (973)881-4396

November 2018



Public Health
Prevent. Promote. Protect.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Health Topic:</u> Diabetes</p>				<p>1 11:00am-2:00pm Flu Clinic, Freeholder's Conference Room (see attached flyer)</p>	2	3
4	5	<p>6 Office Closed</p> 	<p>7 10:00am-1:00pm Flu Clinic, Freeholder's Board Room (see attached flyer)</p>	8	9	10
<p>11</p> 	<p>12</p> 	13	<p>14 10:00am-1:00pm Flu Clinic, Freeholder's Conference Room (see attached flyer)</p>	<p>15 Great American Smoke-out</p> 	16	17
18	19	20	21	<p>22</p> 	<p>23</p> 	24
25	26	<p>27 10:00am – 2:00pm Eye Clinic, West Milford Health Dept., 1480 Union Valley Road</p>	28	29	30	

NOVEMBER National DIABETES AWARENESS MONTH

NOVEMBER is **NATIONAL DIABETES AWARENESS MONTH** and campaigns around the country are working to spread knowledge about diabetes, for prevention and maintenance of the disease.

According to the American Diabetes Association, diabetes affects nearly 30 million Americans and an additional 86 million Americans are currently at risk of developing type 2 diabetes. Diabetes can lead to a series of other ailments, including cardiovascular disease, kidney failure, blindness, and nerve damage.

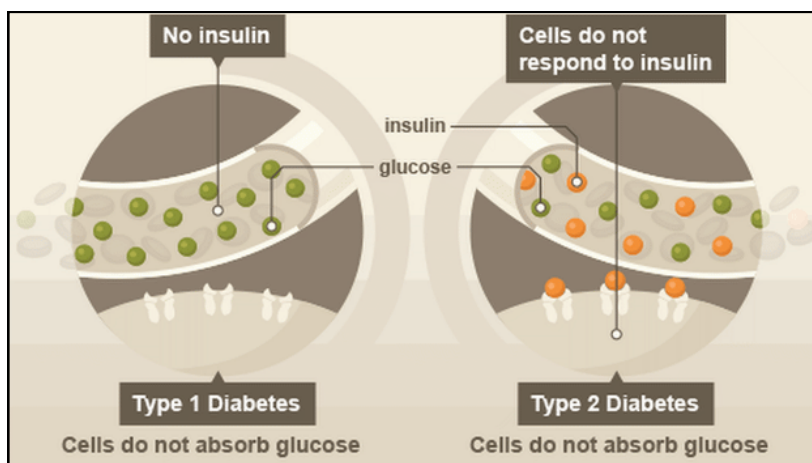
WHAT IS DIABETES? WHAT ARE SYMPTOMS?

Diabetes is a condition where there is too much glucose (sugar) in your bloodstream. Glucose levels are controlled by a hormone called "insulin", which is produced by the pancreas. Symptoms typically include fatigue, frequent urination, constant hunger, excessive thirst, sudden weight loss and vision changes.

TYPES OF DIABETES

Type 1 Diabetes (left) occurs when the pancreas cannot create insulin and the cells have no way of absorbing glucose away from the blood stream.

Type 2 Diabetes (right) occurs when the pancreas does not make enough insulin or the cells no longer respond to the insulin, thus not allowing the cells to absorb glucose away from the blood stream. Type 2 accounts for nearly 90% of all diabetes cases.



BLOOD GLUCOSE (SUGAR) LEVELS

Blood glucose levels can depend on if the measurement was taken during a fast, or within a few hours of eating. Normal fasting glucose levels are between 80-100mg/DL, while levels of 170-200 after eating a meal are also normal. The chart below illustrates what your glucose level should be within the parameters of a meal, and can help determine if you are at risk for diabetes.

BLOOD GLUCOSE CHART			
Mg/DL	Fasting	After Eating	2-3 hours After Eating
Normal	80-100	170-200	120-140
Impaired Glucose	101-125	190-230	140-160
Diabetic	126+	220-300	200 plus



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Passaic County Department of Health

18 Clark Street
Paterson, NJ
973-881-4396

For more information please visit: www.diabetes.org





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Passaic County Department of Health in Collaboration with Preakness Healthcare Center



Flu Shots

Thursday
November 1, 2018
11:00am-2:00pm
Freeholders
Conference Room

Wednesday
November 7, 2018
10:00am-1:00pm
Freeholders
Board Room

For Passaic County
Employees Only

Wednesday
November 14, 2018
10:00am-1:00pm
Freeholders
Conference Room



Location:

401 Grand Street, Paterson, NJ

For more information please contact :

Lynn Pappas

Ph. 973-881-4396

Email: Lynnp@passaiccountynj.org





County of Passaic

2018-2019 Flu Assessment / Consent Form

Person to Receive Vaccine Information	For Clinic Use
Name: _____	Date of Vaccination: _____
<u>Passaic County</u>	Brand: _____
Food Allergies: _____	Manufacturer: _____
Drug Allergies: _____	Lot #: _____
Choice Site of Injection: <u>Right Arm</u> or <u>Left Arm</u>	Exp. Date: _____
<small>Please Circle</small>	Route of Injection: <u>Intramuscular</u>
	Administered by: _____
Should NOT be allergic to EGGS, CHICKEN, CHICKEN FEATHERS or CHICKEN DANDER .	

All assessment questions should be answered "NO" to receive FLU VACCINE.			
ASSESSMENT QUESTIONS	Yes	No	Don't Know
1. Are you allergic to eggs?			
2. Are you allergic to chicken, chicken feathers or chicken dander?			
3. Are you currently sick with a cold, fever or respiratory infection?			
4. Are you on antibiotic treatment right now for respiratory infection?			
5. Did you ever have a serious reaction to a previous dose of flu vaccine?			
6. Have you ever been diagnosed of Guillain-Barré Syndrome (a type of temporary severe muscle weakness) within 6 weeks after receiving a flu vaccine?			
7. Have you been told by a physician that you should not receive the H1N1? Note: H1N1 strain is formulated in this 2018 -2019 Flu vaccine.			

I have been given information about the influenza vaccine and I have had a chance to ask questions.
 I am aware that H1N1 is formulated in this Flu Vaccine.
 I understand the benefits and the risks of the flu vaccination as described.
 I am giving consent that Flu vaccine be given to me/my resident

Signature: _____ Date: _____



County of Passaic

2018-2019 Flu Assessment / Consent Form

INFLUENZA VIRUS VACCINE, Quadrivalent, TYPES A and B Informed Consent

THE FLU – Influenza (flu) is a respiratory infection caused by viruses. When people get flu, they may have fever, chills, headache, dry cough, or muscle aches. Illness may last several days or a week or more and complete recovery is usual. However, complications may lead to pneumonia or death in some people. It is not possible to estimate the risk of an individual getting the flu this year, but for the elderly and for people with underlying illnesses, flu may be especially serious.

THE VACCINE – An injection of flu vaccine will NOT give you flu because the vaccine is made from killed viruses. The vaccine is made from viruses selected by the Public Health Service.

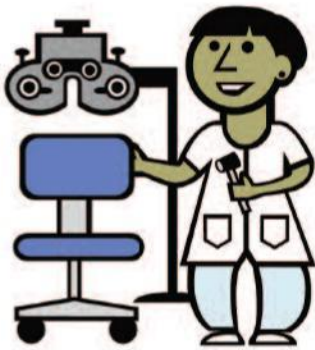
RISKS AND POSSIBLE SIDE REACTIONS – Side effects of influenza vaccine are generally mild in adults and occur at low frequency. These reactions consist of tenderness at the injection site, fever, chills, headaches, or muscular aches. These symptoms last up to forty-eight hours. In 1976 some people who received the flu vaccine developed a rare, temporary paralytic disorder called Guillain-Barre Syndrome (GBS). Since then, there has always been a concern that GBS could occur from vaccines. Data suggests that there is no increased risk of GBS with this vaccine. This risk of influenza and its complications (including death) are far greater. However, we must inform you of the theoretical risk of GBS.

SPECIAL PRECAUTIONS – Persons who are allergic to chicken or eggs should not receive this vaccine until they have consulted their personal physicians. Persons with an active neurological disorder such as multiple sclerosis or a history of previous GBS should consult with their personal physicians prior to receiving this vaccine.

Persons with fever should not receive this vaccine. Persons who have received another type of vaccine within the past fourteen days should see their personal physicians before receiving this vaccine.

IF YOU HAVE ANY QUESTIONS, PLEASE ASK.

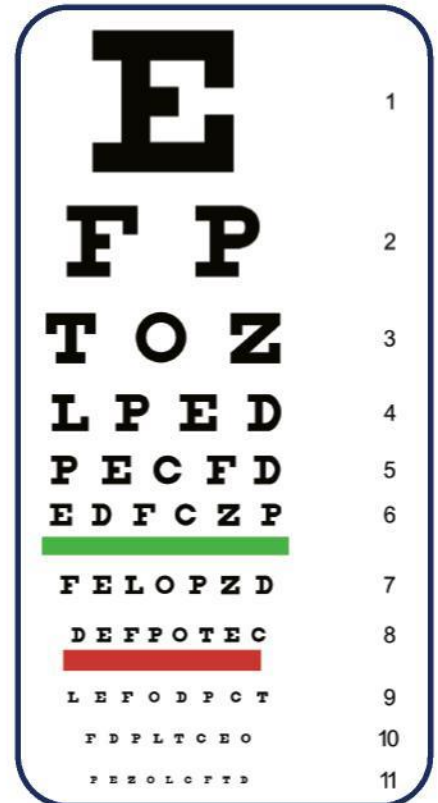
Free Eye Screening



- Vision
- Glaucoma
- Eye Screening

Location:

West Milford Health Dept.
1480 Union Valley Road
West Milford, NJ 07480



Test results will be provided with referral
Referrals made as needed on
results of diagnosis



Public Health
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10:00 am to 2:00 pm on
November 27, 2018

For people with no insurance or are under insured
Part of the eye health education program

Open to All
New Jersey Residents

For appointments, please call the Passaic County Department of Health
(973) 881-4396