

Monthly Newsletter

Bloomfield Department of Health & Human Services (BDHHS)

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What's Going on in Public Health?

COVID-19 Vaccine for Children

As of June 18 2022, the CDC updated their recommendations for COVID-19 vaccination; children 6 months and older are now eligible for Pfizer or Moderna vaccines. Children 5 years and older who have taken Pfizer are eligible for a booster dose at least 5 months after their initial series is completed. Here are some answers to the most asked questions about the COVID-19 vaccine in regards to pediatric doses!

Can a child become severely ill with COVID-19?

The simple answer is yes! COVID-19 has become a top 10 cause of pediatric death, and it has caused the hospitalizations of tens of thousands of children. Children with underlying medical conditions are at a higher risk. Some children have developed long-lasting effects after testing positive with COVID-19; also known as long COVID-19.

Why did it take so long for the vaccine to be approved for younger children? Are the vaccines safe?

It is important to understand that the COVID-19 vaccine has been approved for children after extensive studying and research. The dosage that a child is given is based specifically on the child's age. The Food and Drug Administration (FDA) made sure to wait for additional data from clinical trials before moving forward with approval of the vaccines and their specific doses.

Why should my child get vaccinated?

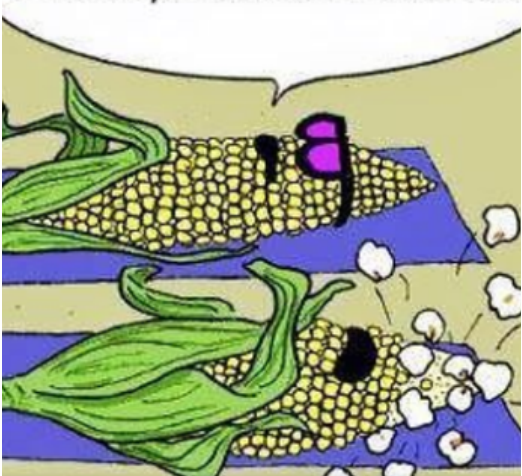
The COVID-19 vaccine has been proven to help in

- preventing severe illness/hospitalization,
- preventing/lessening the spread of COVID-19,
- preventing long-term health issues,
- keeping children in schools/daycares and allowing them to partake in group activities such as sports

Are there side effects to the COVID-19 vaccine in children?

If there are any side effects, they are typically mild and include tiredness, muscle aches, soreness where the vaccine was given and headache. There is no evidence that the vaccine has any effect on puberty. To manage any side effects, try a cold washcloth on the vaccine site, drinking plenty of fluids and over-the-counter medications with doctors approval.

I TOLD you to wear sunscreen



August is National Immunization Awareness Month

6 REASONS TO FOLLOW THE CDC'S RECOMMENDED IMMUNIZATION SCHEDULE

- **1. Ideal Timing:** The country's top physicians, public health professionals, and scientists have carefully designed the immunization schedule so that protection is provided for your child at just the right time. The schedule is based on how their immune system responds to vaccines at various ages, and how likely they are to be exposed to a particular disease. This ensures your baby is protected from 14 potentially serious diseases at exactly the right time.
- **2. Prevent Complications:** Think of vaccines like a helmet for your baby. Just like safety equipment protects them from serious injury, vaccinating on schedule protects them from potentially serious diseases. Additionally, it can take weeks for a vaccine to help your baby make protective disease-fighting antibodies, and some vaccines require multiple doses to provide best protection.
- **3. Early Protection:** You would not wait until you are already driving down the road to put your baby in a car seat. They are buckled in every time, long before there is any chance for a crash. Vaccines work the same way—your baby needs them long before he/she is exposed to a disease. If you wait until you think your child could be exposed to a serious illness – such as just before starting daycare or during a disease outbreak – there may not be enough time for the vaccine to work. That's why the experts who set the schedule pay such careful attention to timing.
- **4. Best Protection:** Your child is not fully protected if you cover just a few of the outlets around your home. Similarly, they will not have the best protection from vaccines until they have all the recommended doses. Each vaccine is carefully developed to protect against a specific illness. Some require more than one dose to build strong enough immunity, or to boost immunity that decreases over time. Others need additional doses to ensure your baby is protected in case the first dose did not produce enough antibodies.
- **5. Long-term protection:** You pass antibodies to your baby before and during birth that will help protect them from diseases during the first months of life. However, your infant's immune system will eventually need to fight diseases on its own. And vaccines do that when mom's antibodies wear off. While breastfeeding provides important protection from some infections as your baby's immune system is developing, it does not cover all diseases. This is why it is important to follow the immunization schedule.
- **6. Spreading Illness:** Children who are not vaccinated on schedule are not only at risk of getting sick themselves, but they can also spread illness to others who are not protected, like newborns who are too young for vaccines and people with weakened immune systems. By getting your child's vaccines on time you're not only protecting your baby — you are helping to protect your friends, family, and community, too.

Back to School Nutrition

In the blink of an eye, summer goes by! August is the beginning of back-to-school season, and many parents will be returning to their daily routines including making sure their children are eating well-balanced meals to be at their best. Here are some important tips to follow to make sure your child is getting the nutrients they need as well as a lunch guide option to try out!

- **1. Make sure your child is getting a good nights sleep!**

Children aged 6-13 need around 9-11 hours of sleep per night. Regulate their sleep by having a bedtime and eliminating distractions (phones, TVs, gaming consoles).

- **2. Breakfast is essential.**

Making sure to wake up a little earlier to get a balanced breakfast in can determine how the rest of your day will go! Breakfast provides the necessary nutrients and energy needed to begin a school day. Try eating with your children to make it , family centric morning activity!

- **3. Follow a lunch packing guideline.**

Lunch packing guides can be incredibly helpful when trying to decide what to pack for your children's lunches. It offers a reminder for how much and what to pack.

- **4. Provide nutritious snack options; avoid consistently giving kids sugary or fatty foods.**

There is nothing wrong with treating your children to a brownie, cookie or even french fries! However, it is important to try and keep snack/lunch items lower in sugar and unhealthy fats. Try celery and peanut butter or sugar-free granola bar options!

- **5. Provide your child with plenty of water!**

While water may not be the first drink your child craves, it is important to keep them hydrated throughout the school day. Send your child to school with at least 1-2 bottles of water a day.

5 STEPS TO PACKING A HEALTHY LUNCH

Preparing meals at home allows you to control the amount of fat, sodium and sugar you consume!

STEP ONE: 1 Serving of Fruit

Examples include bananas, apples, grapes, papaya etc

STEP TWO: 1-2 Servings of Vegetables

Examples include carrots, celery, cucumber, tomatoes, etc

STEP THREE: Main Lunch

Main lunches should be high in protein, healthy fats and whole grains. Examples include sandwiches, chicken salad, and quinoa bowls

STEP FOUR: Snack (ONLY 1 Serving)

Examples include mixed nuts, popcorn, dark chocolate

STEP FIVE: Water

Choose water over juices or sodas that are full of sugar



In this episode from *The Nation's Health*, reporter Jaqueline Yao talks to Robert Kim-Farley - a UCLA professor and communicable disease expert - about the possibility of a flu and COVID-19 "twindemic" just before 2021 flu in the United States:

- <https://tinyurl.com/4sadmh5s>

Everybody is excited the night before their tattoo session. It could be your hundredth tattoo or the very first time you've stepped inside a tattoo shop for an actual session. Regardless, there are some tips that you should know before your session starts. Here is a short guide on how to prepare for a tattoo appointment so you know exactly what to do:

- <https://tinyurl.com/356hkb4>

Public Health Out Loud delves into the broader public health concerns and issues – such as against future pandemics to actionable plans for families to help keep their loved ones safe from preventable diseases. In this episode, Dr. Francesca Beaudoin, the chair of epidemiology at Brown School of Public Health talks about who is most at risk of experiencing Long Covid, and the effect that Long Covid is having on some patients' mental health:

- <https://tinyurl.com/2wy7vv4r>

In this episode, we'll hear from Rachel Morello-Frosch, Ph.D., who discusses how historical policies have shaped disparities in health and environmental exposures today:

- https://www.niehs.nih.gov/research/supported/translational/peph/podcasts/2022/june15_redlining/index.cfm



How do I know which sources for health related information are accurate?

- Before considering health information on the internet, check that information comes from a credible source (.gov, .org, .edu).
- Governmental and collegiate -web content is based on peer-reviewed science.

Who is eligible for the vaccine?

- NJ residents aged 6 months & older are eligible for COVID-19 vaccine.
- Individuals who are immunocompromised are eligible for a 3rd dose.
- The CDC recommends booster doses for all people aged 5 & older.
- You can get a vaccine regardless of your immigration/ insurance status.

Free Blood Pressure Screenings and Heart Health Counseling



What: The BDHHS nurses will be providing blood pressure screenings and counseling related to hypertension/heart health

Where: Bloomfield Farmer's Market in front of the Bloomfield Public Library

When: July 12th, August 9th, September 13th and October 11th.



WALK AND TALK! Meet at the Township's Farmers Market/ Veggie Mobile

Start date: **June 7, 2022**

Sign up here: [Bloomfield Veggie Walk](#) or email Liz Brady at liz.brady@njbwc.org



Essex County Information

WHERE CAN RESIDENTS GET VACCINATED?

The County is administering all doses of the vaccine. Third doses of Pfizer and Moderna for immunocompromised individuals and Pfizer, Moderna and J&J booster shots are available. Pfizer pediatric vaccines and boosters are available for those aged 6 months-11 years.

County Covid-19 vaccine locations are at:

- Tues 3-7pm: Essex County Hall of Records, 465 Dr. MLK, Jr. Blvd., Newark
- Wed 3-7pm: Orange City Hall, 29 North Day Street, Orange
- Thurs 3-7pm: Irvington Town Hall, 1 Civic Square, Irvington
- Fri 3-7pm: East Orange City Hall, 44 City Hall Plaza, East Orange
- Thurs/Fri 2-7pm & Sat 8am-2pm: Sears, 112 Eisenhower Pkwy, Livingston Mall

Essex County Mobile COVID-19 vaccinations and testing are available. The Mobile Unit schedule is updated on a weekly basis. For more details, please visit: essexcountynj.org/covid-19-vaccine-locations/. Vaccines at the Mobile are available for those aged 12+ only.

Walk-ins are welcome. If you want to make an appointment, please visit [essexcountynj.org](http://essexcountynj.org/covid-19-vaccine-locations/) or call 973-877-8456 for scheduling. Call Center is open M-F 8am-8pm and Saturday 8am-5pm.

Those who live, work or attend school in Essex County can get vaccinated at the County sites. There are NO out-of-pocket costs to receive the vaccine, even if you do not have health insurance.

To schedule a COVID-19 test, vaccine or learn more information on prevention and protection please visit the Essex County website listed below.

www.essexcovid.org



For more information on vaccination and general COVID inquiries: covid19.nj.gov/faqs/nj-information OR call 2-1-1 (24/7)



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