

## Immunizations...Not Just for Kids!

**Y**our need for immunizations does not end when you reach adulthood. We all need immunizations to keep us healthy. Transitioning to adulthood brings us into a new world, bringing a different level of responsibility that we carry for life, including the need to help protect our loved ones more than ever.

### What immunizations do I need?

The specific immunizations you need as an adult are determined by factors such as your age, lifestyle, high-risk conditions, type and locations of travel and previous immunizations. (See [immunization schedule](#))

Make sure to check the schedule for updates as new vaccines are developed for additional protection. The most recent edition for the schedule is the shingles vaccine for those residents 60 years of age and older.

The need for immunization remains just as strong as when we were vulnerable children. As adults, we must continue to maintain our own health because we are also affecting the health of our families by teaching them how to care for themselves.

Encourage other adults in your family to check with their doctors for immunizations they may need to enable and maintain protection against vaccine-preventable diseases. Childhood vaccinations will not protect you the rest of your life.

*“Take a Shot (or Two)  
at Good Health This  
Winter”*

## Avoid the Flu

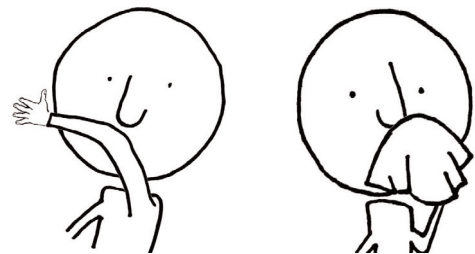
- **Wash your hands thoroughly and often throughout the day. Here's how:**

1. Wet hands with warm water.
2. Turn water off (to conserve).
3. Place soap on hands.
4. Scrub hands for 20 - 30 seconds.
5. Turn water on and rinse soap off hands.
6. Dry hands with a towel or hand dryer.

- **Cover coughs and sneezes with your elbow or a tissue.**

- **Receive the flu vaccination.**

- **If you are sick, please stay home.**



Cover coughs and sneezes with your elbow or a tissue.

Flu season is just around the corner and the Ocean County Health Department is finalizing its “Flu/Pneu” schedule for 2007- 2008. Look for the schedule in your local newspaper, library or on our website [www.ochd.org/fluschedule.htm](http://www.ochd.org/fluschedule.htm). You can also contact the Health Department with questions at (732) 341-9700 ext. 7502.

### More Information on Flu

[Click here](#) to find out:

- How does flu spread?
- Signs and Symptoms
- Treatment

# Fruits and Vegetables

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### Why Fruits and Vegetables?

Fruits and vegetables provide essential vitamins and minerals, fiber and other nutrients that are important for good health.

A plate that includes colorful vegetables is not just appealing to the eye. A wide variety of produce also provides your body with a number of health promoting benefits such as vitamins, minerals and fiber. It's important to eat a wide variety of colorful fruits and vegetables every day.

Some seasonal fruits and vegetables that you can find during the fall months are listed below. (see chart)

When compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts, as part of a healthy diet, are likely to have a reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer and perhaps heart disease and high blood pressure.

Fruits		Vegetables	
Apples	Kumquat	Beets	Eggplant
Bananas	Oranges	Broccoli	Pumpkin
Clementines	Pears	Brussels sprouts	Snow peas
Cranberries	Persimmons	Cabbage	Spinach
Grapes	Pomegranates	Carrots	Winter squash
Grapefruit	Quinces	Cauliflower	Sweet potatoes
Kiwi	Tangerines	Collards	Turnips

## What is MAPP?

Mobilizing for Action through Planning and Partnerships (MAPP) is a community-wide strategic planning process for improving community health. Facilitated by public health leadership, this tool helps communities prioritize public health issues and identify resources for addressing them.

### What does this mean for Ocean County?

Over the course of three meetings involving community stakeholders, the Health Department presented the stakeholders with various assessments from many community agencies to gain a comprehensive picture (statistically) of the community's health.

In the end, six major issues were identified:

1. Emergency Management
2. General Health
3. Health Care Access
4. Mental Health
5. Resource and Asset Management
6. Substance Abuse

Sub-committees have been assigned to each issue to plan, implement and resolve concerns related to each issue.

For more information, you can visit [www.ochd.org/lincs/mapp.htm](http://www.ochd.org/lincs/mapp.htm) or contact Mary Gibson at (732) 341-9700 ext. 7280.



**Public Health**  
Prevent. Promote. Protect.