

Spring Safety for Your Child

Some insect stings can be irritating, with symptoms usually disappearing by the next day and do not require treatment by a doctor.

However, kids who are highly allergic to insect stings may have life-threatening symptoms and may require emergency treatment.

What to do if your child is stung by an insect:

1. Remove the child from the area in which he/she was stung.
2. If the child was stung by an insect with a stinger (wasp, hornet, bee), remove it gently by scraping the skin horizontally with the edge of a credit card or your fingernail (before using your fingernail, make sure you wash your hands thoroughly).
3. Wash the area with soap and water after the stinger has been removed.
4. Apply ice or a cool wet cloth to the area to relieve pain and swelling.
5. If the area is itchy, apply a paste of baking soda and water, or calamine lotion (do not apply calamine to the child's face or genitals).

Call the child's doctor if:

- There's swelling or redness beyond the sting site.
- The site looks infected (increasing redness, warmth, swelling, pain, or puss occurring several hours after the sting).

Seek emergency medical care if:

- The child shows symptoms of a severe allergic reaction.
- The sting is anywhere in the mouth.
- The child has a known severe allergy to a stinging insect.
- Injectable epinephrine was used.

Signs of a Severe Allergic Reaction

- Swelling of the face or mouth.
- Difficulty swallowing or speaking.
- Chest tightness, wheezing or difficulty breathing.
- Dizziness or fainting.
- Abdominal pain, nausea or vomiting.



Sunblock

Choose Your Cover

- Hide and Seek

The sun's rays are strongest during midday, so try your best to plan indoor activities at that time. If this is not possible, seek shade under a tree, umbrella or pop-up tent.

- Cover 'em Up

Clothing that covers your child's skin helps protect against UV rays. Do not forget the sunscreen for exposed parts of the skin.

- Get a Hat

Hats are a great way to help protect your child from UV rays. Make sure you protect your child's ears with sunscreen.

- Shades are Cool

Look for sunglasses that block as close to 100% of both UVA and UVB rays as possible.

- Rub on Sunscreen

Use a sunscreen with at least an SPF of 15 and UVA/UVB protection everytime your child goes outside.

Other related topics: (click on link)

- Cuts
- Poison Ivy, Oak, Sumac
- Sunburn

Ocean County Health Department

175 Sunset Avenue
Toms River, NJ 08755

Dr. Ella Boyd

Public Health Coordinator

John Clayton

Editor

Phone: (732) 341-9700
(800) 342-9738

Fax: (732) 341-4467

E-mail: info@ochd.org

Website: www.ochd.org

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Public Health Online

Ocean County College is the first community college in the Northeastern United States to develop an Introduction to Public Health course and place it completely online.

Course Description:

This course introduces the student to the current issues in public health today from a local perspective to a global perspective. It includes such areas as community health problems, communicable disease control and the roles of public health professionals including public health nurses.

The Ocean County College has arranged a partnership with the Ocean County Health Department to have the students shadow a public health professional for a typical day in public health. Students are able to experience environmental investigations, public health nursing on the front lines, preparation for a bioterrorism event or the Special Supplemental Nutrition Program for Women, Infants, and Children, better known as the WIC program.

Who Should Take This Course?

- Potential nursing students and students waiting to be admitted to the nursing program.
- Non-nursing students who are interested in learning about a career in public health.
- Future BSN students and students who wish to get their student nursing certification.
- Students who work full-time and find it difficult to attend classes face-to-face because of time constraints.
- You must be a good student who is comfortable with computers.
- You should be a self-starter and good at following directions.
- You should have excellent reading comprehension skills. Students who are in developmental courses should not take this course online.

If you have any questions, please visit www.ocean.edu/publichealth.htm or contact Dean Jim Brown at jbrown@ocean.edu.

LINCS

LINCS (*Local Information Network and Communication System*), is an electronic communication system that connects the health department to key stakeholders in need of pertinent public health information.

For more information contact Steven Yanci, Public Health Emergency Notification System Coordinator at (732) 341-9700 ext. 7287 or e-mail syanci@ochd.org.

Medical Reserve Corps

What is the NJMRC?

The New Jersey Medical Reserve Corps (NJMRC) is a component of the New Jersey Citizen Corps. The program is designed to identify and register individuals who are willing to serve within their local area during a public health emergency.

Who can join the NJMRC?

The NJMRC invites both health care professionals and community volunteers. Any licensed or certified healthcare professional, practicing or retired, living in the State of New Jersey can apply to be a member. Community volunteers who are not health professionals are also encouraged to apply.

There are three ways to join:

1. Log onto www.njmrc.nj.gov, Click Online Application, choose Ocean County and click on the Health Professional or Community Health Volunteer Application to submit.
2. [Click here](#) to e-mail the Ocean County MRC your detailed information. [Click here](#) to see required information that must be included.
3. You may download the forms to fill out and submit via fax to (732) 678-0065

Health Care Professional Volunteer Application
([Word Document](#)) * ([Adobe PDF](#))

Community Health Volunteer Application
([Word Document](#)) * ([Adobe PDF](#))

For more information, please contact Mary Gibson at (732) 341-9700 ext. 7280 or e-mail mgibson@ochd.org