



Hunterdon County  
Department of Public Safety  
Division of Public Health Services  
Public Health Nursing



---

[www.co.hunterdon.nj.us/health.htm](http://www.co.hunterdon.nj.us/health.htm)

April, 2013

Dear Sir or Madam:

Greetings from Hunterdon County Public Health Nursing & Education! Enclosed are some flyers & brochures that we would like you to post on your community bulletin board that may help some of your community members.

Some of our programs may be useful to a few of your community members that may have come into some hard times & are in need of assistance. We are hoping we can help.

If you know of anyone who could benefit from any of our programs, feel free to pass on our information. Thank you for your help in this matter.

Sincerely,

Public Health Nursing & Education  
PO Box 2900 – 6 Gauntt Pl, Flemington, NJ  
(908) 806-4570  
<http://www.co.hunterdon.nj.us/health/phn.htm>

Enclosure

---

Physical Address: 314 State Rt 12, County Complex, Bldg #1, 2<sup>nd</sup> Fl., Flemington, NJ 08822 (Main Office)  
Physical Address: 6 Gauntt Place, Building #2, Basement, Flemington, NJ 08822 (Public Health Nursing)  
Mailing Address: P.O. Box 2900, Flemington NJ 08822  
Tel: (908) 806-4570 Fax: (908) 806-5503

## SCHOOL IMMUNIZATION PROGRAM

- Send immunization requirement & updates to all schools in Hunterdon County
- Schedule immunization audits based on State regulations
- Work with school officials to reconcile discrepancies



## BRUNCH & LEARN PROGRAM

- Offer healthy aging topics monthly.
- All programs are offered to county residents with disabilities age 60 and over.
- Pre-registration is highly recommended, seating is limited on a first come, first serve basis.
- For more information and to register, please call Public Health Nursing.

## HOW TO REACH US

### Physical Address:

6 Gauntt Place (Building 2, Lower Level)  
Flemington, NJ 08822

### Mailing Address:

Public Health Nursing  
PO Box 2900  
Flemington, NJ 08822  
Tel: 908-806-4570  
Fax: 908-806-5503

## STAFF DIRECTORY

Shu-Chen Chiang, BSN, RN  
Supervisor of Public Health Nursing  
schiang@co.hunterdon.nj.us  
806-4730

Stephanie Beach, BSN, RN  
Public Health Nurse  
sbeach@co.hunterdon.nj.us  
806-4549

Jennifer Pfurr, RN  
Bilingual Public Health Nurse  
jpfurr@co.hunterdon.nj.us  
806-4547

Michelle Hendrix  
Senior Clerk Transcriber  
mhendrix@co.hunterdon.nj.us  
806-5169

Laura Cox  
Public Health Assistant  
lcox@co.hunterdon.nj.us  
806-5510

Cynthia Gould  
Senior Clerk Transcriber  
cgould@co.hunterdon.nj.us  
806-4570

Francia Reyes  
Bilingual Patient Navigator  
freyes@co.hunterdon.nj.us  
806-4570

Ariandna Gomez \*\*  
Bilingual Patient Navigator  
agomez@co.hunterdon.nj.us  
806-4083

\*\* Employee of Central Jersey Family Health Consortium -  
Currently housing with Public Health Nursing & Education  
to provide services for Hunterdon County residents.

HUNTERDON  
COUNTY  
DEPARTMENT OF  
PUBLIC SAFETY,  
Division of  
Public Health  
Nursing & Education

Programs & Services

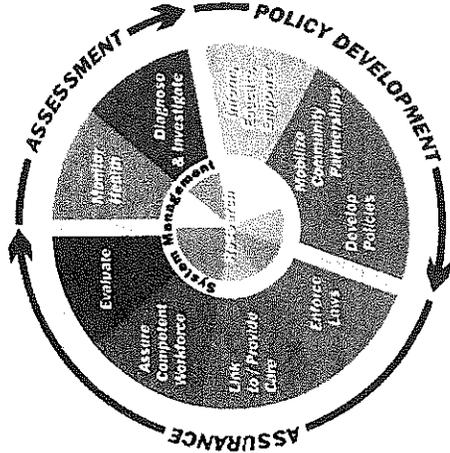


[www.co.hunterdon.nj.us/phn.htm](http://www.co.hunterdon.nj.us/phn.htm)

Revised 03/2013

## PUBLIC HEALTH NURSING PROGRAMS

Public Health Nursing provides population-based services in Hunterdon County by integrating a clinical understanding of health and wellness with epidemiological methods to implement an appropriate public health response. Staff work to promote these three core functions: Assessment, Assurance, and Policy Development to carry out the ten essential services of public health.



### CHILDHOOD VACCINE PROGRAM

- Ages: Birth-18 years
- Hunterdon County residents
- Family is under-insured
- Health insurance does not cover immunizations
- Meets income eligibility guidelines.

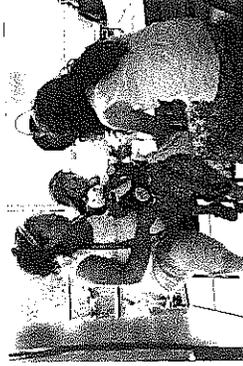
### IMPROVED PREGNANCY OUTCOME PROGRAM

Using the nursing process, develops and implements health guidance plans for this “at-risk” population. The goal is to help ensure a healthy outcome for mothers and babies by:

- Helping to ensure early access to health care services
- Providing education & counseling to empower women about health issues including: nutrition, childbirth, newborn parenting, alcohol use and abuse, and tobacco control
- Serving the special needs of pregnant teens
- Offering bilingual services

### CHILDHOOD LEAD PROGRAM

- Collect blood on “at risk” children
- Educate parents on lead prevention
- Provide home investigations and follow-up to ensure normal lead levels



### LOW-INCOME WOMEN’S HEALTHCARE PROGRAM

- Provides low-income individuals with an initial visit to a participating healthcare provider for services which include:
  - Reproductive health education
  - Contraceptive instruction and counseling
  - Complete medical and gynecologic history
  - Blood Pressure Check
  - Weight and Height Check
  - Urinalysis
  - Hematocrit
  - Breast Exam
  - Pelvic Exam
  - Pap smear

### COMMUNICABLE DISEASE

- Conduct prompt investigations of reportable illness
- Document and report diseases
- Plan and evaluate effective prevention and control
- Assist all schools, emphasizing preschools, with implementing and enforcing immunization requirements
- Provide worksite investigations
- Analyze disease trends and mobilize partnerships with physicians
- TB control
- Tick-Borne Disease surveillance and education

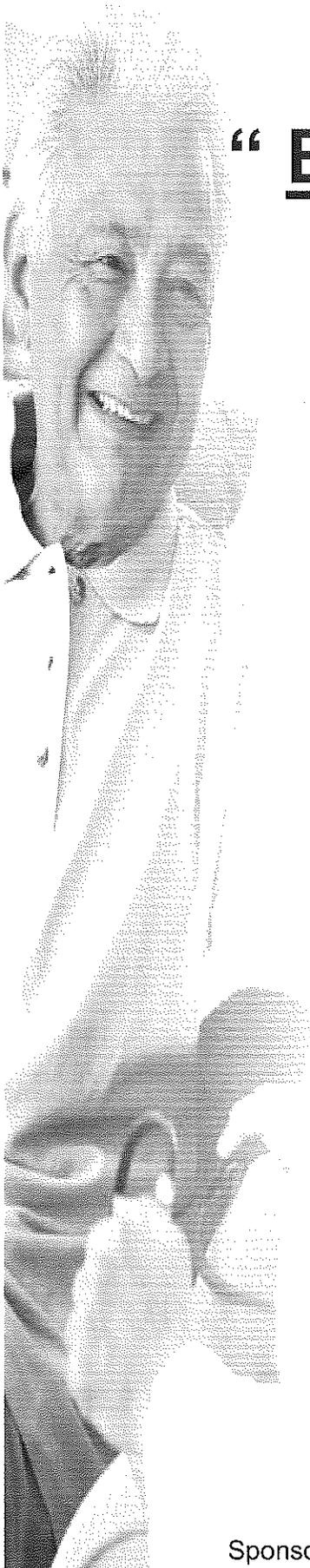
Hunterdon County  
Division of Public Health Nursing and Education

## 2013 Brunch n' Learn Proposed Dates and Topics

| Date | Topics & Speakers  |
|------|--|
| 4/5  | Is Your Bucket Ready? Be Prepared For the Next Big Storm<br>Darlene Andes, BS, CHES, LINCOS coordinator/health educator of Health Division |
| 5/3  | Drug Interactions: Drug to Drug & Drug to Food<br>Nancy Scanlon, Pharm D, Hunterdon Regional Pharmacy                                      |
| 6/7  | Bone Health<br>Susan Allison, RN, Nurse Educator, Barnabas Health Ambulatory Care Center   |
| 7/19 | Oral Health<br>Dr. Sam Mastrobattista, DMD, FAGD - Smiles by Sam   |
| 8/2  | Urinary Health Issues<br>James Choi, MD, Board Certified Urologist, Hunterdon Urology  |
| 9/6  | Brain Fitness<br>Kim Blanda, RN, clinical liaison, Hunterdon Regional Community Health   |
| 10/4 | When Caring for Someone with Dementia<br>Linda Bryant, RN, Director of Memory Center   |
| 11/1 | Diabetic Meal Planning<br>Sandra Greci-MS, RD, LDN, CDE. Family & Community Health Sciences Educator-Rutgers                               |
| 12/6 | Prevent Lower Back Pain<br>Paula Czapla, PT, DPT, Physical Therapist -Fox Rehabilitation   |

- ◆ **FREE** program open to residents of Hunterdon County with *disabilities and seniors 60 years & older*.
- ◆ A light breakfast will be served courtesy of Flemington Shoprite of Hunterdon County.
- ◆ Pre-registration is highly recommended. Seating is limited and on a first come, first serve basis.
- ◆ For more information or to register, please call: **Public Health Nursing at 908-806-4570**

Hunterdon County,  
Public Health Nursing and Education



“ **Blood Pressure Monitoring** ”

Open to County Residents- age of 60 & older  
Screenings done by Registered Nurses

Where: **Senior Center**  
*4 Gauntt Place*  
*Flemington, NJ 08822*

Time: **10:00 am to 12 noon**

Dates:

|     |                |     |         |
|-----|----------------|-----|---------|
| Tue | Jan 8          | Tue | Jul 9   |
| Thr | Feb14 (Go Red) | Tue | Aug 13  |
| Tue | Mar 12         | Tue | Sept 10 |
| Tue | Apr 9          | Tue | Oct 8   |
| Tue | May 14         | Tue | Nov 12  |
| Tue | Jun 11         | Tue | Dec 10  |

No appointment is necessary, Dates are subject to change. For more information, please call Public Health Nursing at 908-806-4570

# It's LYME Time...

The highest risk for Lyme Disease is mid May through July.

Protect yourself through frequent tick checks!

## DAILY TICK

### CHECKS REDUCE YOUR RISKS!

Because of their small size, nymphal ticks can easily go unnoticed. A thorough and careful 'Daily Tick Check' is the best way to make sure ticks are found and removed promptly. Check your entire body, especially places where ticks are likely to attach such as the backs of knees, groin area, waist, armpits, scalp and folds in skin. While in tick habitats, more frequent checks of clothing and exposed skin are recommended.

### Daily:

When showering or at bedtime, do a full body inspection for rash or attached ticks. Remember to pay special attention to favorite 'tick spots' such as backs of knees, groin, waist, armpits, scalp and folds in skin.

### For Your Pets:

Because dogs and cats can also develop Lyme disease, fit your pets with tick collars or treat them with a repellent product applied monthly to the skin. Speak to your veterinarian about this and other options. Frequent tick checks should also be done to find and remove ticks promptly.

## REMOVE TICKS the safe way...

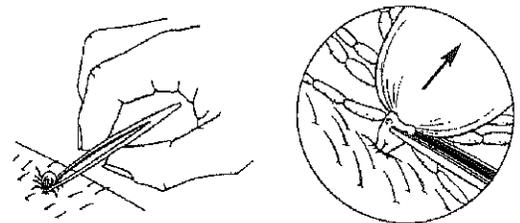
### DO:

- GRASP tick as close as possible to the skin, using tweezers.
- PULL straight out with a steady motion.
- WASH site thoroughly with soap and water.
- RECORD site of attachment and date of bite on calendar.
- WATCH for early signs and symptoms of Lyme disease (for up to one month), such as:
  - ◆ Expanding red rash (at least 2" in diameter)
  - ◆ 'Flu-like' symptoms (fatigue, muscle aches, fever, headache)
  - ◆ Joint pain and swelling.

### Don't:

- Burn tick with a match.
- Smother with petroleum jelly or noxious chemical.
- Crush with your fingers.

These methods increase your risk for Lyme disease.



Hunterdon County Division of Public Health Nursing  
6 Gauntt Place, PO Box 2900, Flemington, NJ 08822  
Phone (908) 806-4570 Fax (908) 806-5503  
For more information on Lyme Disease, visit our website at:  
[www.co.hunterdon.nj.us/health/lymeinfo.htm](http://www.co.hunterdon.nj.us/health/lymeinfo.htm)

## Hunterdon County Childhood Vaccine Program

### Participating Offices

Delaware Valley Family Health Center

Milford (908) 995-2251

Hunterdon Pediatric Associates

Clinton (908) 735-3960

Flemington (908) 782-6700

Reading Ridge (908) 788-6070

Whitehouse Station (908) 823-1100

Phillips -Barber Family Health Center

Lambertville (609) 397-3535

Highlands Family Health Center

Hampton (908) 735-2594

Hunterdon Family Medicine

Flemington (908) 788-6161

Branchburg Family Health Center

Branchburg (908) 369-8871

Riverfield Family Health Center

Clinton (908) 735-4645

Hampton (908) 537-2152

Washington (908) 689-3200

Cornerstone Family Practice

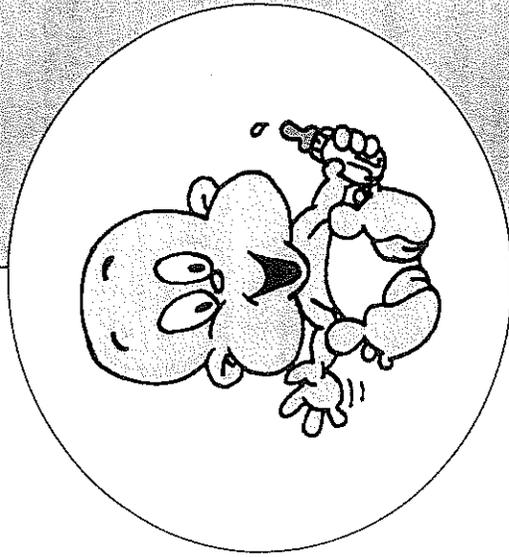
Flemington (908) 788-8220

Hopewell Family Practice

Hopewell (609) 466-1101

Pennington (609) 730-1771

## Hunterdon County Childhood Vaccine Program



Are you a resident of  
Hunterdon County?

Do you have a baby or child  
under the age of 18?

Are you having problems  
paying for childhood  
immunizations?

Hunterdon County Department of Public Safety  
Division of Public Health Nursing

*Physical address:*

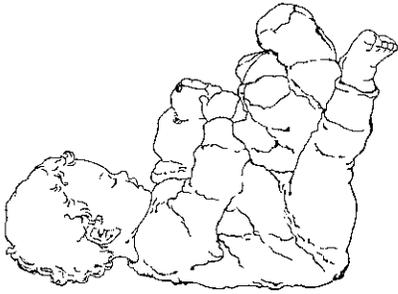
6 Gauntt Place

Flemington, NJ 08822

*Mailing address:*

PO Box 2900

Flemington, NJ 08822



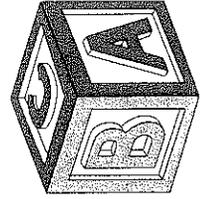
Immunizations are a safe and effective way to protect your children against serious diseases

To support and encourage childhood immunizations, the Hunterdon County Department of Public Safety coordinates the Hunterdon County Childhood Vaccine Program. This program provides vaccinations to families who meet certain guidelines.

**This program does not include sick child services.**

*Please note that this program is for children who **ARE NOT CURRENTLY ENROLLED** in NJ Family Care, Medicaid, or the "Vaccines for Children" program.*

Questions?  
call  
Public Health Nursing  
(908) 806-4570



Your child may be eligible for this county-funded program if:

- Your family is without health insurance **OR**
- You have health insurance that does not cover childhood immunizations **AND**
- You live in Hunterdon County and meet the income eligibility guidelines below

| Family Size | Maximum Annual Income |
|-------------|-----------------------|
| 2           | \$46,530              |
| 3           | \$58,590              |
| 4           | \$70,650              |
| 5           | \$82,710              |

**TO PARTICIPATE:**

1. Fill out this form
2. Attach proof of income eligibility (paycheck stub, tax return, etc.)
3. Return application to our office for processing. An ID card will be mailed back if your child is accepted into the program
4. Choose a participating physician's office off enclosed list and call to set up an appointment
5. Present your ID card when you arrive at the physician's office

# Hunterdon County Childhood Vaccine Program

(Parent / Guardian Name) \_\_\_\_\_  
 (Street Address) \_\_\_\_\_  
 (Street Address 2) \_\_\_\_\_  
 (Town) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_  
 Phone: Home \_\_\_\_\_  
 Work \_\_\_\_\_

The following questions **MUST** be answered:  
*(Incomplete applications will not be considered)*  
 Do you have health insurance YES NO  
 Does your health insurance cover immunizations? YES NO

Do you meet the income guidelines?  
*(Gross family income: Add all sources of income, such as wages, unemployment, child support, alimony, etc.)*  
 YES NO

Family member information  
 Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

I understand that the information I submit is subject to verification and certify that the above information regarding family size and income is accurate.

(Signature) \_\_\_\_\_ (Date) \_\_\_\_\_

# Infant Immunizations FAQs

## Are vaccines safe?

**Yes. Vaccines are very safe.** The United States' long-standing vaccine safety system ensures that vaccines are as safe as possible. Currently, the United States has the safest, most effective vaccine supply in its history. Millions of children are safely vaccinated each year. The most common side effects are typically very mild, such as pain or swelling at the injection site.

## What are the side effects of the vaccines? How do I treat them?

Vaccines, like any medication, may cause some side effects. **Most of these side effects are very minor, like soreness where the shot was given, fussiness, or a low-grade fever.** These side effects typically only last a couple of days and are treatable. For example, you can apply a clean, cool, wet washcloth on the sore area to ease discomfort.

Serious reactions are very rare. However, if your child experiences any reactions that concern you, call the doctor's office.

## What are the risks and benefits of vaccines?

Vaccines can prevent infectious diseases that once killed or harmed many infants, children, and adults. Without vaccines, your child is at risk for getting seriously ill and suffering pain, disability, and even death from diseases like measles and whooping cough. The main risks associated with getting vaccines are side effects, which are almost always mild (redness and swelling at the injection site) and go away within a few days. Serious side effects following vaccination, such as severe allergic reaction, are very rare and doctors and clinic staff are trained to deal with them. **The disease-prevention benefits of getting vaccines are much greater than the possible side effects for almost all children.**

## Is there a link between vaccines and autism?

**No. Scientific studies and reviews continue to show no relationship between vaccines and autism.**

Some people have suggested that thimerosal (a compound that contains mercury) in vaccines given to infants and young children might be a cause of autism, and others have suggested that the MMR (measles-mumps-rubella) vaccine may be linked to autism. However, numerous scientists and researchers have studied and continue to study the MMR vaccine and thimerosal, and reach the same conclusion: that there is no link between them and autism.

## Can vaccines overload my baby's immune system?

Vaccines do not overload the immune system. Every day, a healthy baby's immune system successfully fights off millions of germs. Antigens are parts of germs that cause the body's immune system to go to work.

The antigens in vaccines come from the germs themselves, but the germs are weakened or killed so they cannot cause serious illness. **Even if they receive several vaccinations in one day, vaccines contain only a tiny fraction of the antigens that babies encounter every day in their environment.** Vaccines provide your child with the antibodies they need to fight off the serious illnesses for which they have been vaccinated.

## Why are so many doses needed for each vaccine?

**Getting every recommended dose of each vaccine provides your child with the best protection possible.** Depending on the vaccine, more than one dose is needed to build high enough immunity to prevent disease, boost immunity that fades over time, make sure people who did not get immunity from a first dose are protected, or protect against germs that change over time, like flu. Every dose of a vaccine is important because they all protect against infectious diseases that are threats today and can be especially serious for infants and very young children.

## Why do vaccines start so early?

**The recommended schedule is designed to protect infants and children by providing immunity early in life, before they are exposed to life-threatening diseases.** Children are immunized early because they are susceptible to diseases at a young age, and the consequences of these diseases can be very serious, and even life-threatening, for infants and young children.

## What do you think of delaying some vaccines or following an alternative schedule?

**Children do not receive any known benefits from following schedules that delay vaccines.** Infants and young children who follow immunization schedules that spread out shots-or leave out shots-are at risk of developing diseases during the time that shots are delayed. Some vaccine-preventable diseases remain common in the United States, and children may be exposed to these diseases during the time they are not protected by vaccines, placing them at risk for a serious case of the disease that might cause hospitalization or death.

**Haven't we gotten rid of most of these diseases in this country?**

Some vaccine-preventable diseases, like pertussis (whooping cough) and chickenpox, remain common in the United States. On the other hand, other diseases prevented by vaccines are no longer common in this country because of vaccines. **However, if we stopped vaccinating, even the few cases we have in the United States could very quickly become tens or hundreds of thousands of cases.** Even though many serious vaccine-preventable diseases are uncommon in the United States, some are common in other parts of the world. Even if your family does not travel internationally, you could come into contact with international travelers anywhere in your community. Kids that are not fully vaccinated and are exposed to a disease can become seriously sick and spread it through a community.

**What are combination vaccines? Why are they used?**

**Combination vaccines protect your child against more than one disease with a single shot.** They reduce the number of shots and office visits your child would need, which not only saves you time and money, but also is easier on your child.

Some common combination vaccines that are currently used are: DTaP (diphtheria-tetanus-pertussis) and MMR (measles-mumps-rubella).

**Can't I just wait until my child goes to school to catch up on immunizations?**

Before entering school, young children can be exposed to vaccine-preventable diseases from parents and other adults, brothers and sisters, on a plane, at child care, or even at the grocery store. Children under age 5 are especially susceptible to diseases because their immune systems have not built up the necessary defenses to fight infection. **Don't wait to protect your baby and risk getting these diseases when he or she needs protection now.**

**Why does my child need a chickenpox shot? Isn't it a mild disease?**

**Your child needs a chickenpox vaccine because chickenpox can actually be a serious disease.** In many cases, children experience a mild case of chickenpox, but other kids may have blisters that become infected. Others may develop pneumonia. There is no way to tell in advance the severity of the symptoms your child will experience.

Before vaccine was available, about 50 kids died every year from chickenpox, and about 1 in 500 kids who got chickenpox was hospitalized.

**My child is sick right now. Is it okay for her to still get shots?**

**Talk with the doctor, but children can usually get vaccinated even if they have a mild illness** like a cold, earache, mild fever, or diarrhea. If the doctor says it is okay, your child can still get vaccinated.

**What are the ingredients in vaccines and what do they do?**

Vaccines contain ingredients that cause the body to develop immunity. Vaccines also contain very small amounts of other ingredients—**all of which play necessary roles either in making the vaccine, or in ensuring that the final product is safe and effective.**

**Don't infants have natural immunity? Isn't natural immunity better than the kind from vaccines?**

Babies may get some temporary immunity (protection) from mom during the last few weeks of pregnancy—but only for the diseases to which mom is immune. Breastfeeding may also protect your baby temporarily from minor infections, like colds. **These antibodies do not last long, leaving the infant vulnerable to disease.**

Natural immunity occurs when your child is exposed to a disease and becomes infected. It is true that natural immunity usually results in better immunity than vaccination, but the risks are much greater. A natural chickenpox infection may result in pneumonia, whereas the vaccine might only cause a sore arm for a couple of days.

**800-CDC-INFO (800-232-4636) • [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)**



AMERICAN ACADEMY OF  
FAMILY PHYSICIANS  
STRONG MEDICINE FOR AMERICA



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN