



ARE YOU LOOKING FOR THE SHINGLES VACCINE?

Are you without health insurance or have health insurance that doesn't cover the cost of vaccinations?

Are you over the age of 50?

If you answered yes to the above questions, you may qualify to receive the Shingles vaccine at a greatly reduced cost.

PLEASE CONTACT OUR HEALTH DEPARTMENT TODAY FOR FURTHER INFORMATION.

Shingles is a painful skin rash that is caused by the varicella zoster virus (VZV), the same virus that causes chickenpox. Shingles is also known as the herpes zoster virus or zoster. The vaccines for shingles is Zostavax®. You can get this vaccine regardless of whether you recall having had chickenpox or even if you've had shingles. This is a one-time vaccination and there is no maximum age for getting the vaccine.

People who should NOT get the vaccine include the following:

- those who have had a life-threatening or severe allergic reaction to gelatin, the antibiotic neomycin, or any other component of shingles vaccine
- any person who has a weakened immune system because of HIV/AIDS or another disease that affects the immune system, treatment with drugs that affect the immune system, such as steroids, radiation or chemotherapy, a history of cancer affecting the bone marrow or lymphatic system



REGISTER TO PROTECT YOURSELF

Since our area's encounter with Hurricane / Superstorm Sandy, we have all become much more aware of the importance of emergency communications.

Reverse 911: If you are unsure you are in the database to receive blast emergency **phone** alerts, check with your town or police department. You can register on your municipal website.

Special Needs Registry: Available to persons who may require **medical, physical or other assistance** during a natural disaster. Your information is considered confidential. Please access www.registerready.nj.gov. However, your best option is to have a plan with family or friends.

Websites: The MCRHC and many of its individual towns post breaking emergency information on their website. Consider registering your **e-mail** address to subscribe to these alerts.

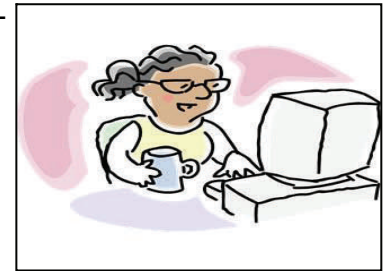
Stay Prepared by Staying Informed

Retail Food Establishment Inspections

Monmouth County Regional Health Commission posts its Retail Food Inspection results for the towns that we serve on our website @ mcrhc.org. Please go to www.mcrhc.org and click on the Restaurant Inspections tab on the left hand side of our home page. Choose the municipality's list of establishments that you wish to view.

New inspections are continuously added as these lists are updated twice a month. If multiple inspections have been conducted or required during the current year, they will be indicated. Rating categories include Satisfactory (s), Conditional Satisfactory (cs) and Unsatisfactory (U). Also look for Conditional Satisfactory and Unsatisfactory alerts in the Asbury Park Press and on the Monmouth County website (visitmonmouth.com). Additionally, our inspectors provide assistance and guidance when and where needed at times of emergency (ex . fire, power loss, flood) until operations are back on track.

Please report less than favorable sanitary or illness related experiences to us at 732-493-9520 or e-mail info@mcrhc.org, to help us keep retail food facilities as safe as possible for all patrons.



From CDC: Smoking During Pregnancy Linked to Severe Asthma in Teen Years

African-American and Latino children whose mothers smoked during pregnancy are more likely to suffer from acute asthma symptoms in their teens than asthma sufferers whose mothers did not smoke, according to a new study led by a research team at UCSF.

In an analysis of nearly 2,500 Latino and African-American children with asthma, the researchers found that children between age 8 and 17 with acute asthma symptoms were far more likely to have had mothers who smoked during pregnancy, even when the team controlled for elements such as education, socioeconomic level and childhood exposure to tobacco smoke.



"If women smoked while pregnant, their children had about a 50 percent increase in uncontrolled asthma, even when we controlled for current tobacco exposure," said Sam S. Oh, PhD, MPH, a postdoctoral scholar in epidemiology at the UCSF Center for Tobacco Research and Education, who is first author on the paper. "Kids who are 17 years old still show the effects of something they were exposed to during the first nine months of life."

The findings are significant in light of the greater proportion of women from ethnic minorities who smoke throughout their pregnancies, the researchers said, as well as the higher rates of asthma within both of those communities than in the overall U.S. population.