

Regular meeting of the Haworth Board of Health on June 13, 2019, at the Municipal Center.

Present: Karen Eigen, M.D., President
Barbara Paller, EMS, Secretary
Gina Tomichko, CRN
Janet Guenego, Council Liaison

Absent: Karl Bednarek, M.D.
Damien Davis, M.D.
Gregory Kaufman, M.D., Treasurer
Jennie Li, M.D., Vice President
Nancy Polifroni, R.N.

Louis Apa, Sanitarian

Dr. Eigen called the meeting to order and upon roll call, the above members were present. Drs. Bednarek, Davis, Kaufman, Li, Mrs. Polifroni, and Mr. Apa gave notice that they would not be able to attend.

Due notice of this meeting was given in accordance with the New Jersey Open Public Meetings Act.

In essence, the following transpired.

Dr. Eigen announced that since the Bergen County Department of Health would be making a presentation this evening, the Board of Health meeting would continue when they concluded.

Dr. Eigen welcomed the Bergen County Health Educators team. Members of the public were also welcomed.

Jillian Trovilla, Marta Sujdih, and Matthew Beckerton, members of this team were introduced. The educators gave a brief overview of the Bergen Bites Back Program.

Regular meeting of the Haworth Board of Health on June 13, 2019, at the Municipal Center.

Mosquitoes

Ms. Trovilla gave a presentation on mosquitoes and their life cycle, which included the following.

She talked about how quickly mosquitoes multiplied with 200 eggs being laid all at once. There are 63 species which spread disease, viruses, and heart worms. Some of the diseases they and the birds spread include West Nile and encephalitis and they don't always cause symptoms.

Ms. Trovilla went over the various places that mosquitoes could be found and how to prevent them. Ms. Trovilla pointed out that not only containers collect water, rain gutters, holes in trees, tarps, and even bottle caps can hold enough water for mosquitoes to lay hundreds of their eggs.

Ms. Trovilla can be reached at 201-634-2704. Additional information can be found on lymedisease.org

Ticks

Ms. Sujdih gave a presentation on ticks, their life cycle and other interesting facts including the following. She stated that ticks are found in dark, moist areas - in wood chips, under dead and autumn leaves, fallen branches, grass accumulation, stone walls, etc.

Ms. Sujdih said that birds, mice, and animals carry ticks - the smaller ones are the majority and come out in the summer; and, the adults appear in the fall. Tick bites are seasonal. One of the most harmful is the Lone Star Tick with the Deer Tick being a close second. The Asian Longhorn Tick is a new specie, which does not bite humans - only animals such as deer, raccoons, and dogs.

She explained what should be done to find ticks on the body, how to remove them correctly without crushing them, how to save the specimens for a professional to analyze, and how to take care of the affected area. by washing with soap and water and getting medical attention. Ms. Sujdih noted that the time, date, and location of the bite should be recorded.

Regular meeting of the Haworth Board of Health on June 13, 2019, at the Municipal Center.

Ms. Sujdih More information can be found on the CDC website and on epa.gov/insects-repellants/find-insect-repellant. Some of the suggested sprays are Deet, Permethrin IR3535, oil of lemon, and eucalyptus (for children 3+ years). All must be applied directly to the skin. None of these are to be used on infants.

Ms. Sujdih can be reached at 201-634-2870.

Matthew Beckerton, an entomologist, gave additional information on ticks, how to keep them away, and what to do with the tick when it is removed. That is, it should be given to the medical professional or sent to the County to be tested.

He said that the County does not spray for ticks - only mosquitoes. Mr. Beckerton advised that during the warm months, people can call Bergen County and ask them to spray their property for mosquitoes. This deterrent will last from 21 to 30 days.

Mr. Beckerton talked about how tick tubes, deer feeding stations with rollers and other equipment worked to collect and eliminate ticks. He said that when ticks are seen, you can call the County office to request tick signs and they can be placed at the site in order to alert others to stay away from that area.

The team members stressed avoiding tick bites. A good idea would be to spray the Permethrin on clothing (to be done outdoors) prior to dressing and going out; then, inspecting all areas of the body to check for ticks when you return home. Remember to always wear something on your feet and put your socks over your pants and then place duct tape around the bottom of your pants if you are going to be in grassy area.

Specimens of ticks, both dead and alive, were passed around along with other information.

Mr. Beckerton can be reached at mbeckerton@co.bergen.nj.us and at 201-634-2746.

There are Bergen County Community Programs run by Linda Morehouse and she can be reached at 201-634-2791.

Dr. Eigen thanked the Team for their informative presentation and also thanked everyone for attending.

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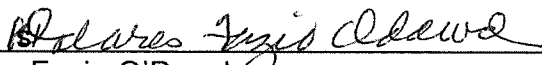
ADMINISTRATIVE

Dr. Eigen announced that since the hour was late, all formal business would be taken care of at the next meeting.

There being no further business, Mrs. Paller moved to adjourn.

Seconded by Mrs. Tomichko and unanimously carried.

Respectfully submitted,



Dolores Fazio O'Dowd