

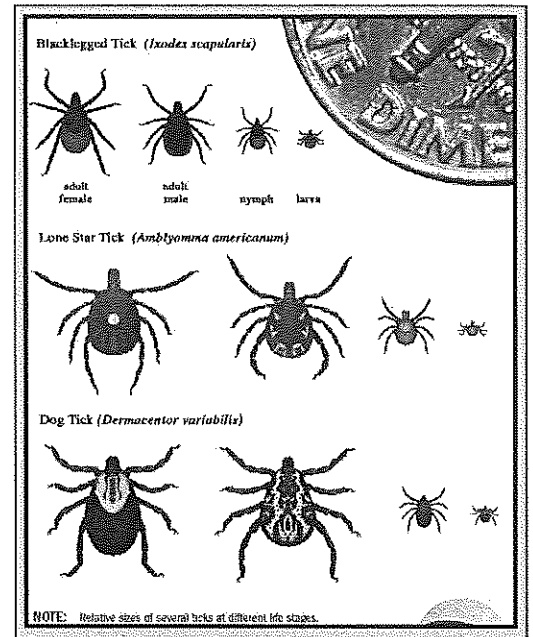
Parent Letter: Don't Let a Tick Make Your Child Sick!

DEAR PARENTS,

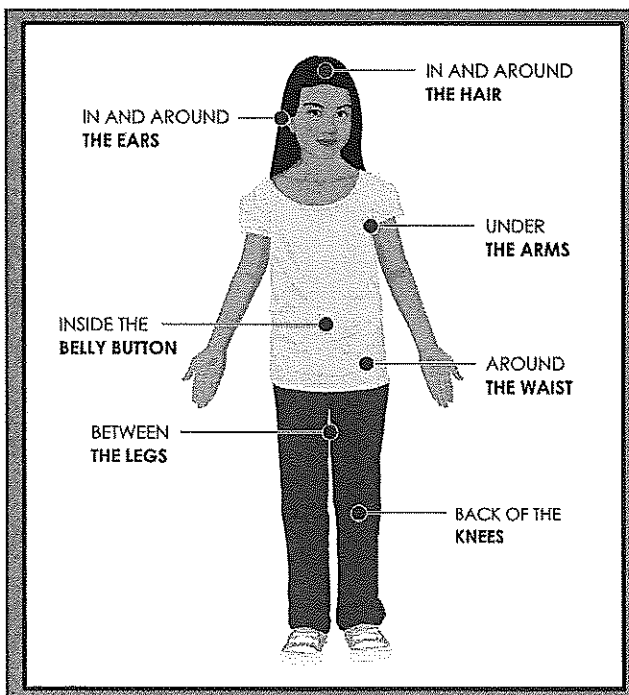
During warm weather months ticks are more likely to feed on humans. In order to protect you and your child from the diseases that ticks can spread, we are providing you with this resource to learn about ticks and tick prevention.

What to know about ticks:

- Common ticks found in New Jersey include the black-legged "deer" tick, the Lone Star tick, and the dog tick.
- Ticks can carry various diseases; the most common is Lyme disease, carried by deer ticks.
- Lyme disease is caused by bacteria that are spread to a human through a tick bite.
- Ticks like **dark, damp areas** such as long grass and brush and are often carried by animals such as pets.



Here's how you can help your child to avoid tick-borne illnesses:



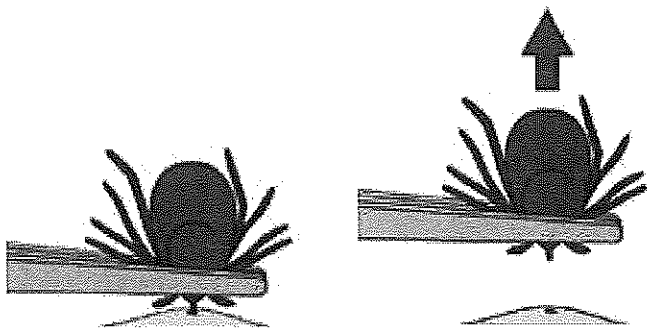
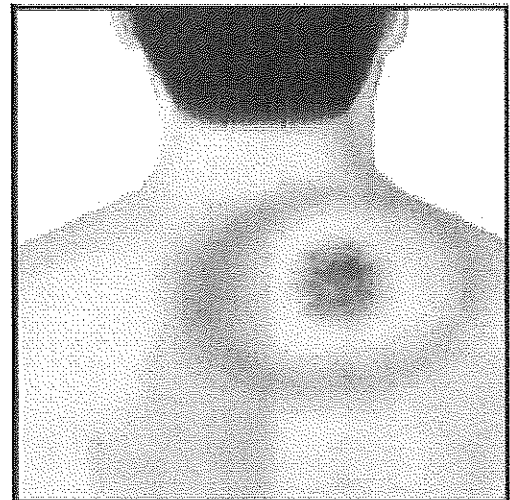
- Help them dress appropriately by wearing **light-colored clothes with long sleeves** and **tucking their pants into their socks** to avoid a tick crawling into these gaps.
- Apply an **EPA registered insect repellent** ideally with at least 20% DEET and treat clothing (or buy pre-treated clothing) with permethrin.
- Limit outdoor play to sunlit areas away from the woods.
- After coming inside, remind them to **shower as soon as possible**.
- **Place clothes in a hot dryer** for at least 10 minutes before washing to kill ticks.
- Perform a **tick check** after being outdoors and be sure to check in crevices such as their elbows, behind their ears, between their legs, behind their knees, in their hair, etc.

If you find an attached tick:

- Remove **only** with fine-point tweezers.
- Grasp the tick **by the head**, as close to the skin as possible, and pull the tick straight out with constant force.
- **Wash the skin** with rubbing alcohol or soap and water and save the tick in rubbing alcohol in a sealed plastic bag or container in case you need to show a doctor.
- Know that a tick must be attached for **36-48 hours** to transmit most diseases.
- Be on the lookout for signs that appear in the time period listed below after the tick bite. Some examples include **a rash or flu-like symptoms**. If you notice either of these or other signs, your child may have a tick-borne illness and you should contact your health care provider.
- If you find a deer tick that has been **attached for at least 36 hours**, consult your health care provider.

Please refer to chart below for the diseases that are transmitted in NJ and how soon symptoms will occur after a tick bite for each, if infected.

Lyme disease	3-30 days
Ehrlichiosis	7-14 days
Anaplasmosis	7-14 days
Spotted Fever Group Rickettsiosis	2-14 days
Babesiosis	7-63+ days
Powassan	7-30 days



More information can be found at:

www.cdc.gov/ticks and <https://nj.gov/health/cd/topics/lyme.shtml>

Use <https://www.epa.gov/insect-repellents/find-repellent-right-you> to find a repellent that suits your needs.

Checking for Ticks

Reduce your chances of getting a tick-borne disease by checking your body for ticks after being outdoors. Use a hand-held or full-length mirror to view all parts of your body.

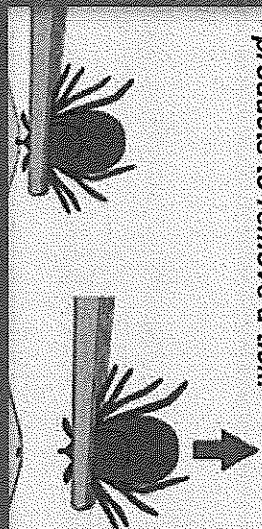
Be sure to check these parts of your body:

- ❖ Under the arms
- ❖ In/around the ears
- ❖ Inside belly button
- ❖ Back of the knees
- ❖ In/around the hair
- ❖ Between the legs
- ❖ Around the waist
- ❖ On the scalp

What to Do if You Find a Tick

1. Using fine-tipped tweezers, grab the tick close to the skin. Do not twist or jerk the tick, as this may cause the mouthparts to break off and remain in the skin.
2. With a steady motion, gently pull straight up until all parts of the tick are removed.
3. After removing the tick, clean your skin with soap and warm water.
4. Contact a healthcare provider if you develop symptoms of tick-borne disease.

Do not use petroleum jelly, hot matches, nail polish remover, or other products to remove a tick.



Where Can I Find More Information?

New Jersey Department of Health Communicable Disease Service: Vector-Borne Illness
www.nj.gov/health/cd/topics/vectorborne.shtm

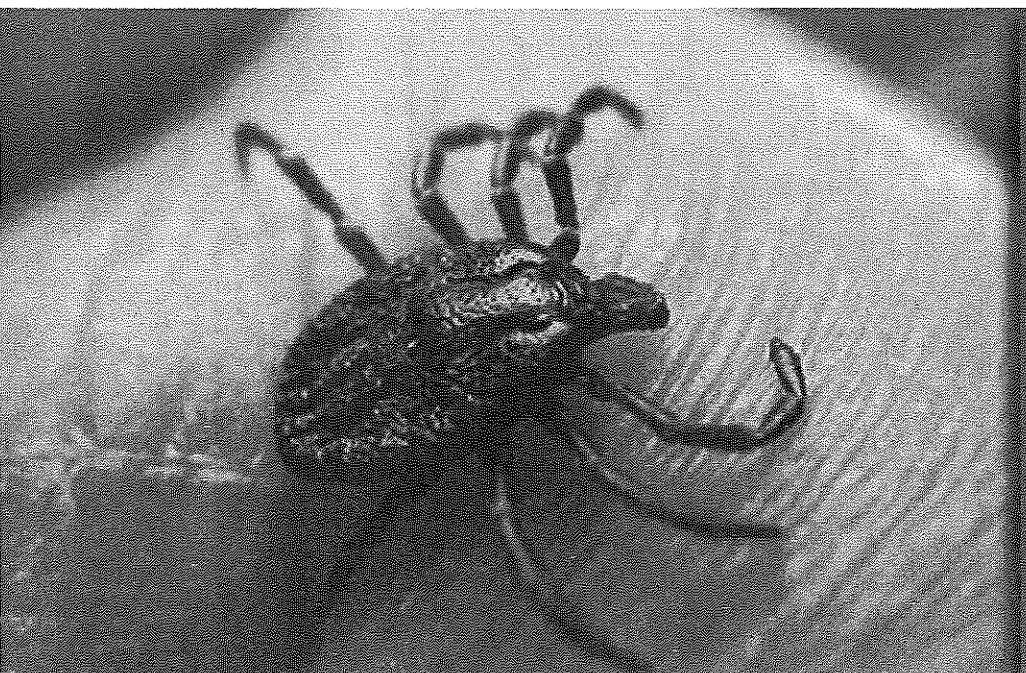
Centers for Disease Control and Prevention: Tick-Borne Disease
www.cdc.gov/ticks/diseases

Centers for Disease Control and Prevention: Stop Ticks
www.cdc.gov/features/stopticks

New Jersey Department of Health Communicable Disease Service
PO Box 369
Trenton, NJ 08625
(609) 826-4872



Tick-Borne DISEASES



NJ Health
New Jersey Department of Health



What are Tick-borne Diseases?

Tick-borne diseases are illnesses that can be spread to humans by the bite of an infected tick. The most common tick-borne diseases in New Jersey are:

- ❖ Anaplasmosis
- ❖ Babesiosis
- ❖ Ehrlichiosis
- ❖ Lyme disease
- ❖ Spotted Fever Group Rickettsioses (includes Rocky Mountain Spotted Fever)

How do Tick-borne Diseases spread?

Ticks become infected when feeding on small infected mammals such as white-footed mice and voles. An infected tick can then infect a person through a tick bite. It is possible to be infected with more than one tick-borne disease at the same time.

Disease-causing Ticks in NJ

These are common ticks in New Jersey that may spread disease to humans:

- ❖ Black-legged "deer" tick (*Ixodes scapularis*) can transmit Lyme disease, anaplasmosis, babesiosis and Powassan disease
- ❖ American dog tick (*Dermacentor variabilis*) can transmit Rocky Mountain spotted fever and tularemia
- ❖ Lone star tick (*Amblyomma americanum*) can transmit ehrlichiosis and tularemia.



Black-legged "deer" tick

American dog tick

Lone star tick

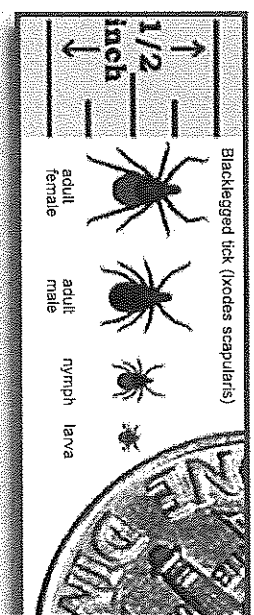
What are the Symptoms of Tick-borne Diseases?

Early signs of tick-borne diseases can include:

- ❖ Skin rash
- ❖ Tiredness
- ❖ Fever/chills
- ❖ Headache
- ❖ Stiff neck
- ❖ Muscle aches
- ❖ Joint pain
- ❖ Dizziness

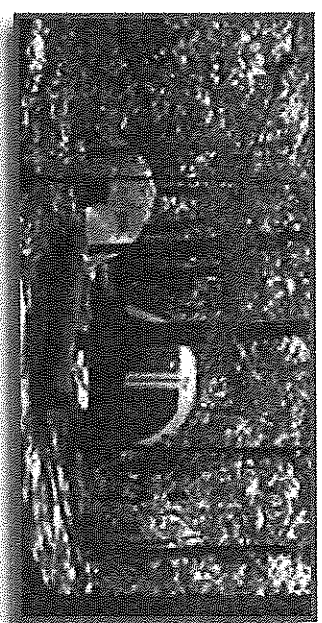
How Soon After a Tick Bite do Symptoms Occur?

Anaplasmosis	7-14 days
Babesiosis	7-63+ days
Ehrlichiosis	7-14 days
Lyme disease	3-30 days
Rocky Mt. Spotted Fever	2-14 days



What is the Treatment for Tick-borne Diseases?

Most tick-borne diseases (Lyme disease, ehrlichiosis, anaplasmosis, and Rocky Mountain spotted fever) are caused by bacteria and can be treated with antibiotics. Babesiosis is caused by a parasite similar to malaria, and a healthcare provider may prescribe medication. It is important to check for symptoms and talk to a healthcare provider if you've been bitten by a tick. Early treatment can be very effective.



Who Gets Tick-borne Diseases?

Anyone who is bitten by an infected tick may get a tick-borne disease. People who spend a lot of time outdoors, especially from April to September, have a greater risk of becoming infected.

How are Tick-borne Diseases Diagnosed?

Most tick-borne diseases are diagnosed through blood tests and by discussing symptoms with a healthcare provider.

How to Prevent Tick-Borne Diseases

- ✓ DEET ✓ Showers ✓ Tick Checks
- ❖ Know where ticks are: ticks live in or near wooded or grassy areas. Always walk in the center of trails to avoid contact with ticks.
- ❖ Keep your yard clean: mow lawns, clear brush and remove leaf litter.
- ❖ Apply insecticides: use EPA-registered repellent with DEET on skin and permethrin on clothing, boots and camping gear.
- ❖ Cover up: wear long sleeves and pants tucked into socks to prevent ticks from getting under clothes.
- ❖ Shower: showering can help find and wash off unattached ticks.
- ❖ Inspect: check your body for ticks.

Frequently Asked Questions

What is invasive meningococcal disease?

Meningococcal (muh-nin-jo-cok-ul) disease is a serious illness caused by a type of bacteria (germs) called *Neisseria meningitidis*. The disease may result in inflammation of the lining of the brain and spinal cord (meningococcal meningitis) and/or a serious blood infection (meningococcal septicemia). Meningococcal disease can become deadly in 48 hours or less. Even with treatment, 10-15% of people die. Others have long-term complications such as brain damage, learning problems, skin scarring, hearing loss, and loss of arms and/or legs.

Who gets invasive meningococcal disease?

Although it can occur in people of all ages, infants, preteens, teens, and young adults have the highest rates of invasive meningococcal disease in the United States. College students and military recruits are also slightly more at risk for the disease because of time spent in crowded living conditions like dorms or barracks. People with certain medical conditions or immune system disorders including a damaged or removed spleen are also at higher risk.

How do people get invasive meningococcal disease?

The bacteria are spread from person-to-person through the exchange of saliva (spit), coughs, and sneezes. You must be in direct (close) or lengthy contact with an infected person's secretions to be exposed. Examples of close contact include:

- Kissing
- Sharing items that come in contact with the mouth (water bottles, eating utensils, cigarettes and smoking materials, cosmetics (lip balm)
- Living in the same house
- Sleeping in the same residence (sleep overs)

About 1 out of 10 people carry meningococcal bacteria in their nose and throat, but don't get sick. These people are known as carriers. Although carriers do not have any signs or symptoms, they can still spread the bacteria and make others sick. Since so many people carry the bacteria, most cases of invasive meningococcal disease appear to be random and are not linked to other cases.

Can people with invasive meningococcal disease pass the illness to others?

The infectious period for meningococcal disease is considered to be from 7 days before the person got sick to 1 day after he or she starts on antibiotics. This means that people who were in **close** contact with the sick person during this time are at higher than average risk to get invasive meningococcal disease.

People who are identified as **close** contacts should receive antibiotics to prevent them from getting the disease, regardless of vaccination status. The bacteria are **NOT SPREAD** by casual contact activities like being in the same work or school room as the sick person. The bacteria that cause invasive meningococcal disease are less infectious than the viruses that cause the common cold or flu.

What are the symptoms of invasive meningococcal disease?

- Confusion
- Fatigue (feeling very tired)
- Fever and chills
- In later stages, a dark purple rash

- Nausea and vomiting
- Rapid breathing
- Sensitivity to light
- Severe headache
- Stiff neck

How is invasive meningococcal disease diagnosed?

A health care provider diagnoses invasive meningococcal disease by obtaining the history of symptoms, performing a physical examination, and examining blood and spinal fluid.

What is the treatment for invasive meningococcal disease?

It is important that treatment be started as soon as possible. Most people with meningococcal disease are hospitalized and treated with antibiotics. It is very important to finish your antibiotics even if you begin to feel better, unless otherwise directed by your health care provider. Depending on the severity of the infection, other treatments may also be necessary. These can include such things as breathing support, medications to treat low blood pressure, and wound care for parts of the body with damaged skin.

How can invasive meningococcal disease be prevented?

The best way to prevent meningococcal disease is to get vaccinated. The Centers for Disease Control and Prevention (CDC) recommends meningococcal vaccination for the following:

- All preteens and teens
- Children at increased risk for meningococcal disease
- Adults at increased risk for meningococcal disease

Visit CDC to [learn more about meningococcal vaccination](#).

Where can I get additional information?

- Your health care provider
- Your local health department
localhealth.nj.gov
- NJ Department of Health website
nj.gov/health/cd
- Protect Me With 3+
protectmewith3.com
- Centers for Disease Control and Prevention (CDC)
cdc.gov/meningococcal

This information is intended for educational purposes only and is not intended to replace consultation with a health care professional. Adapted from the Centers for Disease Control and Prevention.

Human Papillomavirus

A Parent's Guide to Preteen and Teen HPV Vaccination



HPV

Why vaccinate preteens and teens against HPV?

- ▶ The vaccine produces better immunity to fight infection when given at younger ages compared with older ages.
- ▶ Vaccination for HPV is much more effective if all doses in the series are given before the first sexual contact.
- ▶ Most American men and women will contract at least one type of HPV virus in their lifetime. Vaccination can reduce their risk of HPV infection.
- ▶ Most people who become infected with HPV do not even know it.
- ▶ HPV is easily spread by skin-to-skin contact during sexual activity. Even if someone does not have sexual intercourse, they can still get HPV.
- ▶ People who have only one lifetime sex partner can still get HPV if their partner had intimate contact with an infected person even once.
- ▶ The vaccine has been tested in tens of thousands of people around the world and has been proven to have no serious side effects except fainting, which is more likely to occur in adolescents after any vaccination.
- ▶ HPV vaccination can prevent more than 90% of HPV-attributable cancers in men and women in the future.

What is HPV?

Human papillomavirus (HPV) is a common family of viruses. There are more than 100 types of HPV viruses. Some cause infection of the skin and others infect mucous membranes of various areas of the body. Different types of HPV infection affect the body in different ways. For instance, some types of HPV can lead to cancer of the tongue, tonsils, anus, cervix, vulva, and penis, and others cause warts in the genital area.

How common is HPV?

HPV is very common. According to the Centers for Disease Control and Prevention (CDC), most American men and women will contract at least one type of HPV virus during their lifetime. Approximately 79 million Americans are currently infected with HPV, and about 14 million more become infected each year. HPV is the cause of almost all cervical cancers in women and recent studies show that HPV is associated with the majority (70%) of oropharyngeal cancers (cancer of the tongue or tonsils), which occur primarily in men, in the United States.

How serious is HPV?

HPV is extremely serious. In the United States, there are 34,800 new cancer cases caused by HPV each year, of which about 4 out of 10 are in men. Each year there are 10,900 new HPV-attributable cervical cancer cases, and more than 4,000 women die from cervical cancer. Cancer of the oropharynx (tongue, tonsils) due to HPV is even more common with 13,500 new cases each year, 11,300 of which are in men. Treatment may involve surgery, chemotherapy, and/or radiation.

How is HPV spread?

The most common ways to get an HPV infection is from oral, vaginal, or anal sex with an infected person. Infection can also be acquired from skin-to-skin contact with areas infected by HPV. It is possible to have HPV and not know it, so a person can unknowingly spread HPV to another person.

CONTINUED ON THE NEXT PAGE ▶



Resources for more information

- ▶ Your healthcare provider or local health department
- ▶ CDC's information on vaccines and immunization: www.cdc.gov/vaccines
- ▶ Immunize.org's vaccine information website: www.vaccineinformation.org
- ▶ Vaccine Education Center at the Children's Hospital of Philadelphia: www.chop.edu/centers-programs/vaccine-education-center
- ▶ CDC's Vaccines For Children (VFC) program: www.cdc.gov/vaccines/programs/vfc/index.html

SOURCES

American College of Obstetricians and Gynecologists (ACOG) Committee on Adolescent Health Care. Fact Sheet: Human Papillomavirus. ■ www.acog.org/womens-health/faqs/hpv-vaccination

Centers for Disease Control and Prevention (CDC). National Center for Chronic Disease Prevention and Health Promotion. HPV and Cancer. ■ www.cdc.gov/hpv/parents/cancer.html

CDC. National Center for Emerging and Zoonotic Infectious Diseases. Vaccine Safety: Human Papillomavirus Vaccine. ■ www.cdc.gov/vaccine-safety/vaccines/hpv-vaccine.html

CDC. National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. Genital HPV Infection Fact Sheet. ■ www.cdc.gov/std/HPV/STDFact-HPV.htm

CDC. National Center for Immunization and Respiratory Diseases. HPV Vaccine-Questions and Answers. ■ <https://www.cdc.gov/hpv/hcp/answering-questions.html>

CDC. National Center for Immunization and Respiratory Diseases. Vaccines by Age: 11-12 Years ■ www.cdc.gov/vaccines/parents/by-age/years-11-12.html and 13-18 Years ■ www.cdc.gov/vaccines/parents/by-age/years-13-18.html

Reduction in human papillomavirus (HPV) prevalence among young women following HPV vaccine introduction in the United States, National Health and Nutrition Examination Surveys, 2003-2010. *J Infect Dis.* 2013 Aug 1; 208(3):385-93 ■ <https://pubmed.ncbi.nlm.nih.gov/23785124>

Can HPV infection be treated?

There is no treatment for HPV infection. Fortunately, the body usually fights off the virus naturally; however, in cases where the virus cannot be fought off naturally, the person is at risk for serious complications, including cancer. There are treatments available for the health problems that HPV can cause, for example, removal of genital warts or pre-cancerous cervical cells, and chemotherapy, surgery, or radiation for cancer.

What is HPV vaccine?

Gardasil 9 is the only HPV vaccine currently being distributed in the United States. Gardasil 9 protects against most HPV-attributable cancers in men and women. It also prevents most genital warts and cervical pre-cancers. For preteens, HPV vaccine is given in two shots, separated by 6 to 12 months. It is important to get all the recommended doses to get the best protection.

At what age should my son or daughter get HPV vaccine?

Routine vaccination with HPV vaccine is recommended for all 11- and 12-year-old boys and girls. The vaccine can also be given beginning at age 9 or 10 years. If your son or daughter did not receive the two doses of vaccine at the recommended age, they should still start or complete their HPV vaccine series. Vaccination is routinely recommended through the age of 26 for all males and females, and can be given through age 45 years, if desired.

If the vaccine series is started before the 15th birthday, two doses are needed. If it's started at age 15 years or older or, if the person has problems with their immune system, three doses are necessary. Check with your healthcare provider to make sure your child has all the needed doses.

HPV vaccine works better when given on time. HPV vaccine produces better immunity to fight infection when given to preteens as compared to older adolescents and adults. For HPV vaccine to work best, it is very important for preteens to get all the recommended doses before any sexual activity begins. It is possible to get infected with HPV the very first time they have sexual contact with another person, even if they do not have intercourse.

Are HPV vaccines safe?

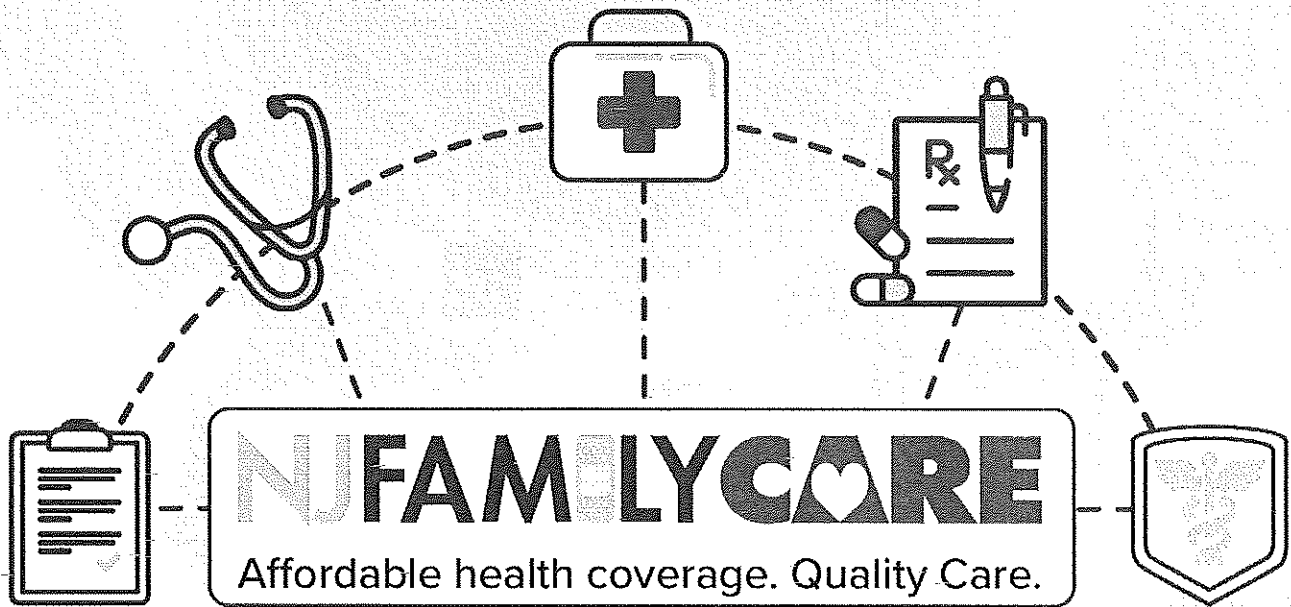
HPV vaccine has been shown to be very safe. Every vaccine used in the United States is required to go through rigorous safety testing before licensure by the FDA. Before licensure, the HPV vaccine was extensively tested in clinical trials with more than 28,000 male and female participants. Since the first HPV vaccine was licensed for use in 2006, more than 120 million doses of HPV vaccine have been distributed in the United States. Now in routine use, the vaccine is continually monitored for safety.

In the years of HPV vaccine safety monitoring, no serious safety concerns have been identified except fainting after vaccination (a common occurrence for adolescents after any vaccination). Like other vaccinations, most side effects from HPV vaccination are mild (e.g., fever, headache, pain and redness in the arm where the shot was given).

Is HPV vaccine effective?

The vaccine has been shown to be highly effective in protecting against the HPV types targeted by the vaccine. HPV vaccination has reduced the numbers of teen girls and young women with vaccine-type HPV infection. It also has reduced cases of genital warts, cervical pre-cancerous changes, and other complications of HPV infection.

Talk to your healthcare provider today about protecting your son or daughter from HPV infection!



GET HELP WITH AFFORDING HEALTH CARE COVERAGE

- NJ FamilyCare is comprehensive, affordable health insurance for individuals and families.
- It covers doctor's visits, hospitalizations, prescriptions, mental health services, vaccines and more.
- Enrollment is open year-round
- If you are uninsured, including if you recently lost your job-based health coverage, you may qualify for low-cost or free coverage through NJ FamilyCare.

To see if you are eligible, visit www.NJFamilyCare.org or call 1-800-701-0710 to speak with an enrollment specialist.



State of New Jersey
Phil Murphy, Governor | Tahesha L. Way, Lt. Governor



Department of Human Services
Sarah Adelman, Commissioner

Safe Haven

- ▶ Allows a distressed parent to give up an unwanted infant safely, legally and confidentially
- ▶ Protects the parent from arrest or prosecution for abandonment
- ▶ Requires no names or records
- ▶ Permits babies up to 30 days old to be given up at any hospital emergency room or police station in New Jersey
- ▶ Makes medical treatment and social services available to the birth mother - confidentially
- ▶ Puts the child into the custody of Child Protection and Permanency, which places the infant in a foster or pre-adoptive home

Certainly we would prefer that women call us while they are pregnant, not after giving birth, so we can provide proper medical care and counseling. But at the same time, we want to assure parents who choose not to keep their children that they will not go to jail and can remain anonymous if they deliver their babies to safe hands in a hospital emergency room or police station.

**In New Jersey, no one ever
has to abandon a child again.**

Safe Haven Hotline: 1-877-839-2339

These Numbers Can Also Help:

211

www.nj211.org

Call 211 to connect with various
social service agencies in your community.

Parents Anonymous of NJ
Family Helpline
1-800-THE KIDS

Domestic Violence Hotline
1-800-572-SAFE

Child Abuse Hotline
1-877-NJ ABUSE



NEW JERSEY DEPARTMENT
OF CHILDREN AND FAMILIES

NJ Safe Haven Infant Protection Act

no shame.

no blame.

no names.

there's a safe haven
for unwanted infants

www.njsafehaven.org
1-877-839-2339

What is Safe Haven?

It's a law: the New Jersey Safe Haven Infant Protection Act. Under this law a person may give up an unwanted infant anonymously. As long as the baby has not been abused, the person may do so without fear of arrest or prosecution.

Why does New Jersey do this?

The purpose of Safe Haven is to protect unwanted babies from being hurt or killed from unsafe abandonment.

Abandoning a baby puts the infant in extreme danger. Too often, it results in the baby's death. It is also illegal, with severe consequences. But with Safe Haven, this tragedy doesn't have to happen ever in New Jersey.

How does it work?

A distressed parent who is unable to care for an infant can give up custody of a baby less than 30 days old safely, legally and anonymously. All that is required is that the baby be brought to a hospital emergency room or police station in New Jersey. As long as the child shows no signs of intentional abuse, no name or other information is required.

Can only a parent bring in the baby?

No. The parent may choose to have someone else bring in the infant. It can be a family member, a friend, a clergy member, a social worker - practically anyone.

Do you have to call before bringing in the baby?

No. You can walk in anytime.

Can you help a parent decide where to bring the baby?

Yes. The parent can call the Safe Haven Hotline - 1-877-839-2339 - and get the address and directions for any hospital or police station in the state.

Does a parent have to tell anything to the people taking the baby?

No. Nothing is required. However, hospital personnel or police will record any information that a parent is willing to share, such as the child's health, race, date of birth, place of birth or medical history of the parents. This could be very useful in caring for the child. These questions can be answered anonymously on a medical questionnaire that is available at the police station or hospital.

What happens if a woman voluntarily provides her personal identifying information to hospital staff while delivering her baby at the hospital or being admitted?

If a woman voluntarily provides her personal identifying information to hospital staff while delivering her baby or being admitted, her anonymity will no longer be protected under the New Jersey Safe Haven Law and the State will have the mandate to search for and contact the infant's father and/or relatives.

What happens to the mother when she drops off a baby?

If the mother brings in the baby, she will be offered medical treatment and social services. She can, of course, refuse if she wishes. Once she has safely turned over the baby, she is free to go. She can complete an anonymous medical questionnaire and drop it in any mailbox.

What happens to the baby once the baby is dropped off?

The child will be examined and given medical treatment, if needed. Then Child Protection and Permanency (CP&P) will immediately take custody and place the child in a foster or pre-adoptive home. After 21 days, CP&P will proceed with the permanent adoption of the baby. There are always many families available who want to adopt an infant.

What happens if the mother, or a relative, wishes to regain custody of a baby?

If the mother, or a relative, wishes to regain custody of the baby they should contact the Safe Haven Hotline at 1-877-839-2339 so that they can begin the process towards a safe reunification.

Don't let another baby be abandoned. If you or someone you know is considering giving up a child, learn about your options.

Safe Haven Hotline

1-877-839-2339