

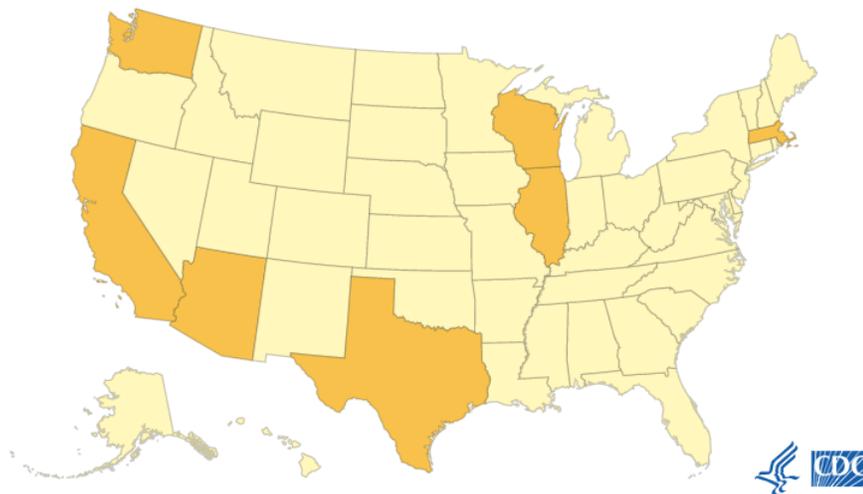
March Newsletter

West Windsor Health Department
Serving the communities of West Windsor • Robbinsville •

What's New in Public Health?

CDC's Coronavirus Disease 2019 (COVID-19) in the U.S.

States with Confirmed COVID-19 Cases



Background

Dark yellow states have confirmed cases of coronavirus. CDC is closely monitoring an outbreak of respiratory illness caused by a new coronavirus. The outbreak first started in Wuhan, China, but cases have been identified in a growing number of other international locations, including the U.S. The virus has been named "SARS-CoV-2" and the disease it causes has been named "coronavirus disease 2019" (or "COVID-19"). On January 30, 2020, the International Health Regulations Emergency Committee of the World Health Organization declared the outbreak a "Public health emergency of international concern". On January 31st, 2020, Health and Human Services Secretary Alex M. Azar II declared a public health emergency (PHE) for the United States to aid the nation's healthcare community in responding to COVID-19.

Source and spread of the virus

Early on, many of the patients in the COVID-19 outbreak in Wuhan, China had some link to a large seafood and live animal market, suggesting animal-to-person spread. Later, a growing number of patients reportedly did not have exposure to animal

markets, indicating person-to-person spread. Person-to-person spread has been reported outside China, including in the U.S. and other locations. Chinese officials report that sustained person to person spread in the community is occurring in China. In addition, other destinations have apparent community spread, meaning some people have been infected who are not sure how or where they became infected.

Situation in the U.S.

Imported cases of COVID-19 in travelers have been detected in the U.S. Person-to-person spread of COVID-19 also has been reported among close contacts of returned travelers from Wuhan. *Case count valid as of 02/29/2020.



Public Health
Prevent. Promote. Protect.

Symptoms

For confirmed coronavirus disease 2019 (COVID 19) cases, reported illnesses have ranged from mild symptoms to severe illness and death.

Symptoms include:

1. Fever
2. Cough
3. Shortness of breath

CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure. This is based on what has been seen previously as the incubation period of MERS-CoV viruses

Call the Township of West Windsor Health Department at (609) 936-8400
Created by the West Windsor Health Department

*Information from:
<https://www.cdc.gov/>

Preparing Individuals and Communities for COVID-19

Non-pharmaceutical interventions (NPIs) are public health actions that can slow the spread of emerging respiratory diseases like COVID-19 for which vaccines and drug treatments are not yet available.

NPIs are used to build community preparedness in communities without known COVID-19 disease and to support outbreak responses in communities where local cases or cluster of diseases have occurred.

Community Preparedness

- ▶ CDC recommends individuals and families follow everyday preventive measures:
- ▶ **Voluntary Home Isolation:** Stay home when you are sick with respiratory disease symptoms. At the present time, these symptoms are more likely due to influenza or other respiratory viruses than to COVID-19-related virus.
- ▶ **Respiratory Etiquette:** Cover coughs and sneezes with a tissue, then throw it in the trash can.
- ▶ **Hand Hygiene:** Wash hands often with soap and water for at least 20 seconds; especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- ▶ If soap and water are not readily available, use an alcohol-based hand sanitizer with 60%-95% alcohol.
- ▶ **Environmental Health Action:** Routinely clean frequently touched surfaces and objects
- ▶ **Routine use of these measures by individuals and their families will increase community resilience and readiness for responding to an outbreak.**

Outbreaks in Communities

- ▶ **Personal Protective Measures.** During an outbreak in your community, CDC recommends the everyday preventive measures listed above—especially *staying home when sick*—and taking these additional measures:
- ▶ Keeping away from others who are sick.

- ▶ Limiting face-to-face contact with others as much as possible.
- ▶ Consulting with your healthcare provider if you or your household members are at high risk for COVID-19 complications.
- ▶ Wearing a face mask if advised to do so by your healthcare provider or by a public health official.
- ▶ Staying home when a household member is sick with respiratory disease symptoms, if instructed to do so by public health officials or a health care provider (Voluntary Home Quarantine)
- ▶ **Community Measures.** If COVID-19 disease is occurring in your community, state and local public health authorities may decide to implement:
 - ▶ Temporary closures or dismissals of childcare facilities and schools.
 - ▶ Other social distancing measures that increase the physical space between people, including:
 - ▶ Workplace social distancing measures, such as replacing in-person meetings with teleworking
 - ▶ Modifying, postponing, or cancelling mass gatherings.
 - ▶ Decisions about the implementation of community measures will be made by local and state officials, in consultation with federal officials as appropriate, and based on the scope of the outbreak and the severity of illness.

COVID 19 CORONAVIRUS DISEASE 2019 (COVID-19)

SYMPTOMS* OF CORONAVIRUS DISEASE

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include

- Fever
- Cough
- Shortness of breath

* Symptoms may appear 2–14 days after exposure. If you have been in China within the past 2 weeks and develop symptoms, call your doctor.

www.cdc.gov/COVID19

11/15/20 8:10pm/11/20/2019

*Information from: <https://www.cdc.gov/coronavirus/2019-ncov/preparing-individuals-communities.html>

Can Processed Foods be Healthy?

There are a lot of conflicting messages about what processed food is. Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, and some are packaged to last longer or for food safety. Even foods labeled “natural” or “organic” can be processed.



What do you need to know?

- Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.
- Some foods are processed with ingredients typically used in cooking, such as salt or sugar.
- Highly processed foods are manufactured with ingredients that are not typically used in cooking.

1. Choose healthier processed foods.

- ▶ By one recent estimate highly processed foods contribute 50% of the calories and 90% of added sugars in the American diet.
- ▶ It's important to:
 - ▶ Read food labels.



- ▶ Look for the Heart-Check Mark on packaged foods.
- ▶ Make healthier choices when eating out.

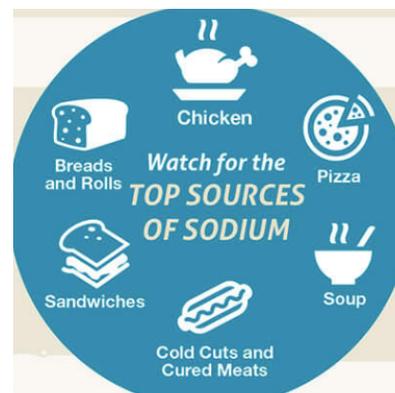
2. Seek healthier alternatives to highly processed foods.

- ▶ Cook more meals at home
- ▶ Swap highly processed foods with less processed options.
- ▶ Try fruits and vegetables from the produce aisle, the farmer's market, or your own garden.

3. Watch out for sneaky sodium

- ▶ Extensive research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke.
- ▶ Shake your sodium habit
- ▶ Most of the sodium we eat comes from:

- ▶ Processed, prepackages and restaurant foods, **not the salt shaker!**



4. Take your food into your own hands!

- ▶ American Heart Association advocates have written more than 29,000 letters to the food companies and restaurants that provide processed foods, asking that healthier options be made available.
- ▶ You can too! Join the American Heart Associations growing community, take action, get helpful tips and #BreakUpWithSalt by visiting Heart.org/Sodium
- ▶ For more information on heart healthy tips visit the American Heart Association's website at www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/



American Heart Association®

March Recipe of the Month: Spinach Pasta



A quick and easy dinner recipe comes together in less than 20 minutes! This vegetarian Spinach Pasta is tossed in a creamy tomato sauce for a simple, satisfying and affordable meal.

Add sausage, ground beef, or chicken for an even heartier dish!

TIPS: In this recipe just 2 heaping cups of baby spinach are used, but if you like more spinach in your pasta, **add an entire 4- or 5- ounce bag** of baby spinach leaves to your skillet! Use **as much or as little** half-and-half as you need to thin the cause to reach your preferred consistency.

Ingredients

- 8 oz uncooked penne pasta
- 1 tablespoon olive oil
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 1 (14.5 oz) can petite diced tomatoes, NOT drained
- ½ tsp dried basil, salt, oregano
- 2 tablespoons tomato paste
- 2 oz cream cheese, diced
- ¼ Cup grated Parmesan cheese
- 2 cups fresh baby spinach
- ¼ cup half-and-half or heavy cream
- Optional pinch of crushed red pepper flakes, pepper and chopped fresh parsley

Instructions -

1. Cook pasta in a large pot of salted boiling water, according to package instructions. Drain.
2. Meanwhile, in a large skillet, heat olive oil over medium heat. Add onion and garlic, sauté until tender (about 5 minutes).
3. Add diced tomatoes, oregano, basil, red pepper flakes, salt and pepper to the skillet. Stir in tomato paste and ½ cup of water until completely combined.
4. Reduce heat to low, stir in the cream cheese. Continue stirring over low heat until cream cheese smoothly melts into the sauce. Gradually add the Parmesan cheese, stirring until completely combined.
5. Stir in fresh spinach and continue to cook over low heat, just until the spinach wilts (about 1 more minute). Add cooked pasta, toss to coat in the sauce, and season with additional salt and pepper, if necessary. Stir in half-and-half to thin sauce until it reaches desired consistency.
6. Garnish with chopped fresh parsley and additional Parmesan cheese, if desired.

*Recipe from <https://www.theseasonedmom.com/>

Nutrition Facts

Spinach Pasta

Amount Per Serving (1 /4 of the pasta)

Calories 347.8 Calories from Fat 103

% Daily Value*

Fat 11.4g	18%
Saturated Fat 4.4g	28%
Polyunsaturated Fat 0.6g	
Monounsaturated Fat 4.3g	
Cholesterol 20.4mg	7%
Sodium 744.1mg	32%
Potassium 142.8mg	4%
Carbohydrates 52.1g	17%
Fiber 4.8g	20%
Sugar 6.8g	8%
Protein 12.5g	25%

* Percent Daily Values are based on a 2000 calorie diet.

For more information

Call the Township of West Windsor Health Department at (609) 936-8400
Serving West Windsor, Robbinsville, and Hightstown
www.westwindsornj.org

