



## Spring Into Healthy Habits

A daily half hour walk will add up to the recommended 150 minutes of activity per week. Routine physical activity is linked to better sleep, sharper memory, improved concentration, and reduces risk of weight gain, heart disease, dementia, and depression.

## Stay Healthy Around Animals

While visiting with animals at fairs, farms, zoos, camps, and aquariums, it's important to remember animals carry germs that can make you sick.

Washing your hands with soap and water is the best way to get rid of germs. If soap and water are unavailable, use a hand sanitizer with at least 60% alcohol.



## Facts About Measles

Measles can lead to serious health complications, particularly in children under the age of 5.

Symptoms include: high fever (may spike to more than 104° F), cough, runny nose, red, watery eyes, and rash (3-5 days after symptoms begin).



### Measles Is Very Contagious

It is spread through the air when an infected person coughs or sneezes. Even before showing symptoms, someone with measles can spread the virus to others, starting 4 days before the onset of measles rash and continuing for 4 days after. Measles virus can live in the air for as long as 2 hours after an infected person leaves an area.

### Two doses of measles-mumps-rubella (MMR) vaccine provide the best protection against measles for your child.

 <b>1ST DOSE</b> 12 - 15 months of age	 <b>2ND DOSE</b> 4 - 6 years of age
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If your family is **traveling abroad**, the vaccine recommendations are a little different.

**Talk to your doctor about what is right for your child.**



## What You Should Know About Bird Flu (H5N1)

It's a virus that primarily infects poultry and is spreading in dairy cattle. Human cases have been found in farm workers who had direct contact with sick poultry or cows. Cats can also catch it from drinking raw milk from infected cows, exposure to wild birds, or contact with cows and chickens. While the risk to the public remains low, everyone should take precautions:

- Avoid raw milk and raw milk products, only drink pasteurized milk that has been treated to kill harmful bacteria and don't feed raw milk or food to your pets
- Cook poultry, eggs, and meat to 165 °F, to kill bacteria and viruses
- Avoid contact with poultry, wild birds, and other animals that appear ill or are dead, and contact with surfaces that may have been contaminated with their feces
- Wash your hands and surfaces thoroughly before and after handling poultry, meat, and eggs



**To report sick or dead poultry, contact the NJ Department of Agriculture Division of Animal Health at 609-671-6400. If you find sick or dead wild birds, do not handle them. Contact the NJ Department of Environmental Protection's Fish and Wildlife hotline at 1-877-WARNDEP**

**For updates about Bird Flu visit: [www.nj.gov/H5N1](http://www.nj.gov/H5N1)**