

**RAMSEY BOARD OF HEALTH
MINUTES OF A MEETING HELD APRIL 11, 2022**

1. President's Announcement:

Jeffery Nemeth called the meeting of the Ramsey Board of Health to order at 8:03 PM. In accordance with requirement of N.J.S. 10:4-6, Mr. Nemeth made the following announcement:

THE NEW JERSEY OPEN PUBLIC MEETINGS LAW WAS ENACTED TO ENSURE THE RIGHT OF ALL CITIZENS TO HAVE ADVANCE PUBLIC NOTICE OF AND TO ATTEND ALL MEETINGS OF PUBLIC BODIES AT WHICH BUSINESS AFFECTING THE PUBLIC IS DISCUSSED OR ACTED UPON. IN ACCORDANCE WITH THE PROVISIONS OF THIS ACT, NOTICE OF THE REGULARLY SCHEDULED MEETINGS OF THE BOARD OF HEALTH WAS PUBLISHED IN THE LEGAL AD SECTIONS OF THE BERGEN RECORD ON JANUARY 5TH, 2022 AND RIDGEWOOD NEWS ON JANUARY 7TH, 2022. NOTICE OF THIS MEETING BEING HELD VIA CONFERENCE CALL WAS GIVEN TO THE BERGEN RECORD, RIDGEWOOD NEWS, POSTED ON THE BROUGH WEBSITE, AND POSTED ON THE DOORS OF THE BOROUGH HALL.

3. Call to order, attendance, minutes:

MEMBERS	PRESENT	ABSENT
Mrs. Tami Azouri	X	
Mrs. Joan Waring	X	
Mr. Jeffery Nemeth	X	
Dr. Albert Tartini	X	
Mr. William Lara	X	
Ms. Heidi Martin	X	
Dr. Angela D'Alessandro		X
Dr. Carla Souza Iudica	X	
Mrs. Jessica Coronato		X

IN ATTENDANCE	PRESENT	ABSENT
Mr. Peter Kilman, Council Liaison		X
Mr. James Fedorko, Health Officer		X
Mrs. Martha Sobanko, R.E.H.S.	X	
Ms. Danielle Monaghan, Registrar/Board Secretary		X
Pete Scandariato, Borough Attorney		X
Jillian Beilen, Ambulance Corps		X
Shauna Lauricella, Ramsey Municipal Alliance		X

Mr. Nemeth read the president's announcement. The roll was called by Martha Sobanko. A motion was made by Joan Waring to approve the minutes, seconded by Albert Tartini, and carried by all.

4. Announcements:

Jeff reminded the board members to complete the yearly financial disclosure statements. Jeff and Joan worked on an article about Lyme disease. Jeff submitted the article and it will be published in the Ramsey Journal Spring edition.

5. Codes, Ordinances & Legislation:

Jeff said the plastic bag ban takes effect on May 4th, 2022. Martha said that an email was sent to all of the businesses. Al said he has seen a lot of press in the record about this topic. Joan asked if Martha has any responsibility to enforce this ban and asked if there are other health related issues involved in this. Martha said it is a grey area on who is enforcing this, but the fines can be up to thousands of dollars a day. Al said that it is a good thing that produce bags are still allowed because putting produce onto a conveyor belt would cause a spread of many diseases and viruses, not just COVID.

6. Special Matters:

Jeff has not heard anything back from the mayor and council on the deer survey topic. If anything does move forward with this it will probably not be addressed until the end of the year. Joan thinks the deer have been worse than ever this year. Al said that the landscaping in front of his home is destroyed from the deer. Al said the deer spread all types of diseases and the herd needs to be thinned out. Tami said that from a public health standpoint, she has asked Joanne for information and statistics on tick borne diseases in Ramsey. Al said he also has statistics from past lectures.

7. Site Plans:

Martha said she has not heard any updates on Wawa.

8. Public Water Supply:

Jeff reviewed the water operations report provided by Mike Skorupa. Joan said she has had water in her basement for the first time ever and wondered if it is due to the high-water table. Al suggested she reach out to the DPW and see if they would be able to take a look.

9. Public Health:

Jeff reviewed the reports provided by Jim Fedorko. Ramsey currently falls in the yellow category for COVID. Al reported there is a sharp uptick in flu type a, but COVID hospitalizations are low. Al said the current big question is what to do about getting the 4th booster. Al said he has not gotten his 4th shot. Joan asked if you have had Pfizer for the other 3 doses should you get a J and J shot? Al and Jeff said no you should continue with what you started with. Al said there will be a new vaccine released in the fall that will be different from the initially released vaccines. Jeff also heard that if you had omicron then you have some immunity to the BA.2. Jeff said that Philadelphia has reinstated indoor mask mandates and public transportation still requires masking.

10. Health Education; Communication; Outreach:

Joan spoke about the lecture they are having at the community center given by Susan Kraus. HARP will be discussing the topic of healthy eating for your bones. Tami said HARP is also working on a mind, body, spirit day and a hands only CPR event sometime in June. HARP continues to provide blood pressure screenings/health screenings twice a month, once at the senior center and once at woodlands. HARP offered bone density screenings last month.

Jeff said he already has spoken about the submission to Ramsey Journal.

11. Inspection Reports:

Martha read her monthly inspection report.

12. Abatement Orders:

Martha read her abatement report for March.

13. Vital Statistics:

Martha read the vital statistics report for March

14. Financial Report:

Jeff read the vital statistics financial report and health department financial.

15. Ambulance; Ramsey Municipal Alliance; other organizations:

Jillian's Ramsey Ambulance Corps report was included in the meeting packet. In March, they responded to 98 calls. Only 1 of those calls were COVID positive and 7 were mutual aid calls.

Tami said the Ramsey Municipal Alliance will have a table at the walk to bring awareness to mental health at the high school. RMA will be at the Ramsey farmers market for a drug take back event where you can bring any unused, unwanted, or expired medications for disposal. Residents can come meet and interact with Gizmo D. Robot and the Ramsey Police officers. Also, Tami said the RMA is currently looking to a new youth leadership grant opportunity.

16. Conferences and Training:

Martha said attended the NJEHA conference in Atlantic City in March and the main class was about the plastic bag ban.

17. Council Report:

None.

18. Correspondence

Danielle included a letter sent to the Board of Health regarding a concern about animals in a residence. Martha said TYCO has been handling this situation.

19. New Business:

Jeff announced recreational marijuana will be available to purchase in New Jersey at the end of the month.

20. Review of Assignments:

None.

21. Public Comment:

None.

22. Adjournment:

The Board moved to adjourn at approximately 9:00 PM. Motion was made by Albert Tartini, seconded by Tami Azouri, and carried by all.

NEW JERSEY'S BAN ON SINGLE-USE PLASTIC BAGS AND POLYSTYRENE FOAM FOOD SERVICE PRODUCTS EFFECTIVE MAY 4, 2022

New Jersey's implementation of the new law, which takes effect May 4, 2022, bans single-use plastic carryout bags and polystyrene foam food service products statewide at all retail stores, grocery stores and food service businesses. This includes restaurants, delis, food trucks, and cafeterias. The use of single-use paper carryout bags will also be prohibited at grocery stores equal to or larger than 2,500 square feet, which may only provide or sell reusable carryout bags. Plastic straws will be limited to by-customer-request-only after November 4, 2021.

The following products will be exempt for an additional two years after May 2022:

- Disposable, long-handled polystyrene foam soda spoons when required and used for thick drinks;
- Portion cups of two ounces or less, if used for hot foods or foods requiring lids;
- Meat and fish trays for raw or butchered meat, including poultry, or fish that is sold from a refrigerator or similar retail appliance;
- Any food product pre-packaged by the manufacturer with a polystyrene foam food service product; and
- Any other polystyrene foam food service product as determined necessary by Department of Environmental Protection.

The New Jersey Business Action Center and the NJ Department of Environmental Protection are working together to help businesses comply with the law. Read the law, a comprehensive list of frequently asked questions (FAQs), an easy-to-read chart explaining how to comply, and many other resources at <https://business.nj.gov/bags/plastic-ban-law>



NJ's Ban on Plastic Carryout Bags & Polystyrene Foam in Stores, Grocery Stores & Food Service Businesses

EFFECTIVE MAY 4, 2022

WHAT DO YOU NEED TO KNOW?

Starting May 4, 2022, New Jersey retail stores, grocery stores and food service businesses may not provide or sell single-use plastic carryout bags and polystyrene foam food service products. Single-use paper carryout bags are allowed to be provided or sold, except by grocery stores equal to or larger than 2500 square feet, which may only provide or sell reusable carryout bags. After November 4, 2021, plastic straws may be provided only upon the request of the customer.

WHAT IS A REUSABLE CARRYOUT BAG?

Under the law (P.L.2020 c.117), a reusable carryout bag is defined as one that:

1. is made of polypropylene fabric, PET non-woven fabric, nylon, cloth, hemp product, or other washable fabric, and
2. has stitched handles (either thread or ultrasonic), and
3. is designed and manufactured for at least 125 reuses.

WHERE CAN A BUSINESS PURCHASE PRODUCTS ALLOWED UNDER THE LAW?

Businesses may contact any distributor or manufacturer to obtain products that meet the requirements of the law. As a courtesy, the NJ Business Action Center's website features an online clearinghouse of wholesale vendors who provide reusable carryout bags and environmentally-sound alternative products. To access the vendor list or to register as a wholesale vendor, please go to business.nj.gov/bags/plastic-ban-law.

WHAT POLYSTYRENE FOAM FOOD SERVICE PRODUCTS ARE BANNED?

As of May 4, 2022, all polystyrene foam food service products are banned for use and sale. See page 2 of this flyer for a list of exemptions. For more information, please see nj.gov/dep/plastic-ban-law/#foam_products.

WHAT RETAIL AND FOOD SERVICE ESTABLISHMENTS ARE AFFECTED BY THIS BAN?

For a list of businesses impacted and items banned please go to this link: <https://nj.gov/dep/plastic-ban-law/docs/list-of-establishments-banned-items.pdf>



NJ's Ban on Plastic Carryout Bags & Polystyrene Foam in Stores, Grocery Stores & Food Service Businesses

EFFECTIVE MAY 4, 2022

EXEMPTIONS TO THE BAN

See lists of exemptions below. The Department of Environmental Protection (DEP) has the ability to determine additional exemptions pursuant to rule, regulation, or guidance. For more information, please see the DEP's website at nj.gov/dep/plastic-ban-law.

WAIVERS FOR POLYSTYRENE FOAM FOOD SERVICE PRODUCTS

The DEP may, upon written application by a person or food service business, waive the provisions of the polystyrene foam food service product ban for the person or food service business for a period not to exceed one year, if:

- (1) there is no feasible and commercially available alternative for a specific polystyrene foam food service product; or
- (2) the person or food service business has less than \$500,000 in gross annual income and there is no reasonably affordable, commercially-available alternative to the polystyrene foam food service product.

For further information on obtaining a waiver, please see the DEP's website at NJ.gov/dep/plastic-ban-law/. The DEP may be contacted via email: singleuseplastics@dep.nj.gov or phone: +1(609)-984-4250.

EXEMPTIONS FROM PLASTIC AND PAPER CARRYOUT BAG AND PLASTIC STRAW BANS:

- Bags used to contain or wrap uncooked meat, fish or poultry.
- Bags used to package loose items.
- Bags used to contain live animals.
- Bags used to contain food sliced or prepared to order, including soup and hot food.
- Laundry, dry cleaning or garment bags.
- Bags provided by a pharmacy to carry prescriptions.
- Newspaper bags.
- Any similar bag, as determined by the Department (DEP) pursuant to rule, regulation, or guidance.
- Packages of single-use plastic straws and those pre-packaged with items like juice boxes may still be sold in stores.

WHO ENFORCES THE LAW?

The Department of Environmental Protection, municipalities, and any entity certified by the "County Environmental Health Act". 1-877-WARN-DEP.

EXEMPTIONS FROM THE BAN ON POLYSTYRENE FOAM FOOD SERVICE PRODUCTS (ALL EXPIRE MAY 4, 2024):

- Disposable, long-handled polystyrene foam soda spoons when required and used for thick drinks.
- Portion cups of 2 oz. or less, if used for hot foods or foods requiring lids.
- Meat and fish trays for raw or butchered meat, including poultry, or fish that is sold from a refrigerator or similar retail appliance.
- Any food product pre-packaged by the manufacturer with a polystyrene foam food service product.
- Any other polystyrene foam food service product as determined necessary by the DEP.

WHAT ARE THE PENALTIES FOR VIOLATING THE LAW?

Beginning May 4, 2022, any person or entity that violates the law shall be subject to:

- a warning for a first offense.
- up to \$1,000 per day for the second offense.
- up to \$5,000 per day for the third and subsequent violations.
- violations of a continuing nature constitute an additional, separate, and distinct offense for each day that is deemed a violation.

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*Updated November 1, 2021



NJBAC

New Jersey
Business
Action Center

For Information: business.nj.gov, live chat and 1-800-Jersey-7,
Mon.-Fri., 8am-5pm

MID-BERGEN REGIONAL HEALTH COMMISSION

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Paul Viola

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James Fedorko



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Health Officer's Report April 2022

May 12, 2022

COVID-19

The rate of new COVID-19 cases in Ramsey began increasing in April. See attached graph for a visual comparison.

The current COVID-19 Activity Level Report for our area is ORANGE as of May 7, 2022. Locally, Ramsey has a COVID-19 Activity Level listed as ORANGE as of April 28th. See attached information.

The last COVID-19 related death in Ramsey was on February 14, 2022. The person was 66 years old and fully vaccinated with no booster. Attached is the report for Ramsey.

U.S. Life Expectancy Declines

CDC data shows U.S. life expectancy dropped from 78.8 years in 2019 to 77 years in 2020. The latest study, which has not been peer-reviewed, suggests life expectancy fell by another 0.4 years, or 4.8 months, in 2021. Life expectancy data for Wallington: For 2020 there were 109 fatalities with an average age of 74.2 and for 2021 there were 90 fatalities with an average age of 74.0.

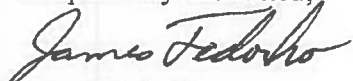
Life expectancy data for Englewood Cliffs: For 2020 there were 44 fatalities with an average age of 83.9 and for 2021 there were 49 fatalities with an average age of 84.9.

Life expectancy data for Bergenfield: For 2020 there were 220 fatalities with an average age of 74.2 and for 2021 there were 186 fatalities with an average age of 76.0.

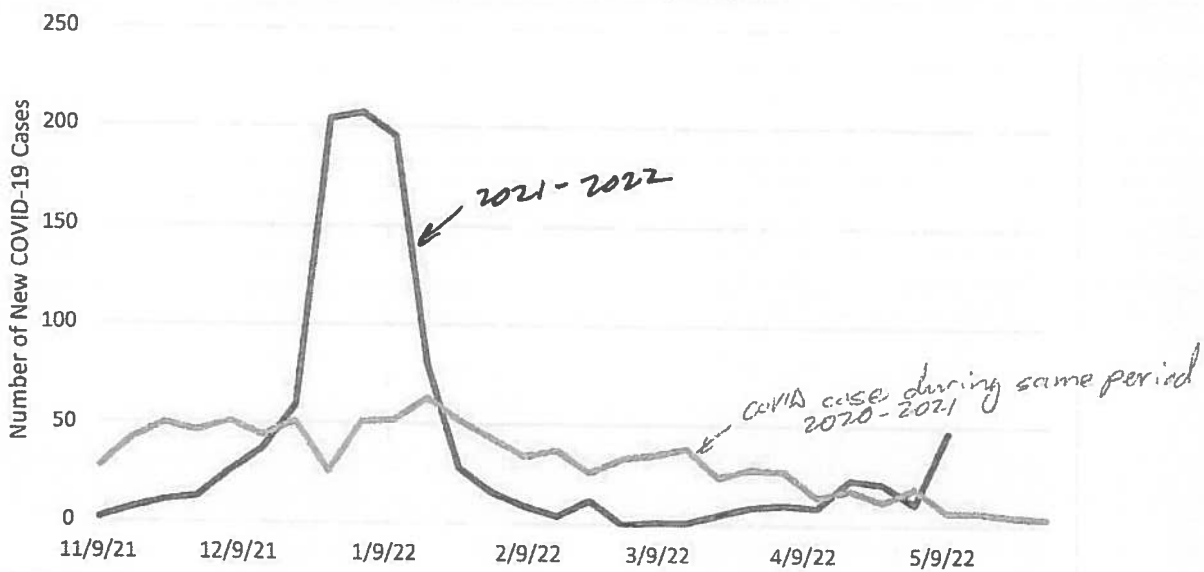
Life expectancy data for Ramsey: For 2020 there were 92 fatalities with an average age of 78.2 and for 2021 there were 186 fatalities with an average age of 79.8. **Standard deviation is 15.**

Two Fentanyl/Drug Overdose:	Ages at death were 29 and 32
Three suicides	Ages at death were 48, 52 and 56
Alcoholism	Ages at death were 35, 45 and 58

Respectfully submitted,


James Fedorko

Number of New COVID-19 Cases in Ramsey from November 3, 2021 to May 10, 2022



Ramsey Residents

COVID-19 Deaths - March 1, 2020 to April 30, 2022

#	AGE	SEX	DATE	Vaccination Status	Booster	Positive Result	Other Results
1	88	F	3/28/2020				
2	95	F	4/4/2020				
3	94	M	4/4/2020				
4	91	M	4/6/2020				
5	97	F	4/12/2020				
6	97	F	4/22/2020				
7	71	F	5/10/2020				
8	71	M	1/2/2021				
9	77	F	2/6/2021				
10	86	F	2/9/2021				
11	97	F	3/15/2021				
12	89	M	3/16/2021				
13	75	F	3/23/2021				
14	83	M	3/24/2021				
15	82	M	4/2/2021				
16	88	F	4/12/2021				
17	93	M	11/1/2021	Pfizer 3/2/21 & 3/23/21	10/14/2021	10/16/2021	
18	94	F	11/8/2021	not vaccinated	No Booster	11/1/2021	negative on 10/23/21
19	95	F	1/27/2022	Pfizer 2/10/21 & 3/3/21	11/10/2021	None found	
20	66	F	2/14/2022	Pfizer 7/13/21 & 8/3/21	No booster	1/18/2022	2nd positive result on 2/3/2022

Range 66-97

Mean 86

Median 88

Mode 97

Case fatality rate 0.72% (20 Deaths/2,785 Confirmed Positive Cases)

Borough of Ramsey
Registered Environmental Health Specialist Report
April 2022

Food Establishment Inspections/Prepackaged Stores:

Satisfactory

KFC/Taco Bell
Adorno Fathers
Aldi
La Pasadita (upon Re-inspection)
Carvel (Spot check)
Ramsey Baseball Association
Look See
Badland's Tacos
Greek City Restaurant
Morano's Market
Ramsey Chinese (upon Re-inspection)
Shanghai Express
Lettuce Inn
Sarku Japan Teriyaki & Sushi Express
Bottle King
Bar Boutique

Dog & Cat Bites

16 Vaughn Drive

1 – dog quarantined and released

Complaints

Mattress Firm

Complainant stated that he purchased a mattress from above mentioned store and when it was delivered it smelled bad and he noticed that there was mold on it. I left a voicemail but never received a response. Abated until further notice.

Other

Danielle and I have been working with GovPilot (licensing program) for a few months developing a new website for restaurants and other licensed establishments to renew their license online, hopefully do electronic inspections, complaints etc. in the near future.

Court

The following establishments summonses have been dismissed after they received their 2022 Board of Health licenses:

Cava

Favale's Trattoria

Fresh Catch Streats

Lashful

Modern Roots Café

The Paper Store

Varka

Anthi's Greek Specialties

Deliciously Alicia's

Gourmet Nuts

Taiim Shack Mobile

Respectfully Submitted,

Martha Sobanko

Martha Sobanko, R.E.H.S.

Ramsey Board of Health

Ticks and Lyme Disease:

As the weather warms up, tick alarms need to go up as well. Ticks are parasites and can transmit several serious blood-borne diseases. The bite of a black legged tick- infected with the bacteria, called *Borrelia burgdorferi*, can cause Lyme disease. Black legged ticks are common in this area.

In early spring ticks are about the size of a poppy seed and often hard to detect but enlarge as the season progresses (see Photo).

If you find a tick attached to your skin, remove the tick as soon as possible. In general, ticks need to be attached for 36 to 48 hours before they can transmit Lyme disease bacteria.

How to remove a tick:

Grasp the tick firmly, as close to the skin as possible. With a steady motion, pull the tick's body away from the skin. Do not be alarmed if the tick's mouthparts remain. Cleanse the area with rubbing alcohol or soap and water. (see photo)

Signs and Symptoms of Lyme Disease

Early indications of Lyme include fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes. A rash (Erythema migrans) occurs in approximately 70-80 percent of infected people.

This rash (see photo):

- o Begins at the site of a tick bite after a delay of 3 to 30 days (average is about 7 days)
- o Expands gradually over several days reaching up to 12 inches or more across
- o May feel warm to the touch but is rarely itchy or painful
- o Sometimes clears as it enlarges, resulting in a target or "bull's-eye" appearance
- o May appear on any area of the body
- o Does not always appear as a "classic" erythema migrans rash

Some serious symptoms of Lyme may not occur for weeks or months following a tick bite: Arthritis is most likely to appear as brief bouts of pain and swelling, usually in one or more large joints, especially the knees. Nervous system symptoms can include numbness, pain, nerve paralysis (often of the facial muscles, usually on one side), and meningitis (fever, stiff neck, and severe headache). Rarely, irregularities of the heart rhythm may occur.

Problems with memory or concentration, fatigue, headache, and sleep disturbances sometimes persist after treatment.

Tick Bite Prevention

Avoid places where ticks live: grassy, brushy, or wooded areas, leaf piles. Check household pets for ticks. Be careful when walking the dog, camping, gardening, hunting and other activities that could bring you in close contact with ticks. Your backyard and neighborhood may be a tick habitat. Note that white-tailed

deer are the principal host for adult ticks and are responsible for transporting ticks and maintaining tick populations in the wild.

Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.

Wear clothing treated with 0.5% permethrin. Re-treat clothing annually according to label instructions.

Shower as soon as possible after spending time outdoors.

Check for ticks daily. Look under the armpits, behind the knees, in the hair, and the groin.

If tick-exposed clothes are dry, tumble in a dryer on high heat for 10 minutes to kill any ticks. If the clothes are damp, dry completely then put in dryer for 10 minutes on high heat.

Early diagnosis and proper antibiotic treatment of Lyme disease is important and can help prevent late Lyme disease.

Reference: <https://www.cdc.gov/lyme/index.html>. Accessed April 10, 2022.

Relative sizes of blacklegged ticks at different life stages:

In general, adult ticks are approximately the size of a sesame seed and nymphal ticks are approximately the size of a poppy seed.

Blacklegged Tick (*Ixodes scapularis*)



adult female



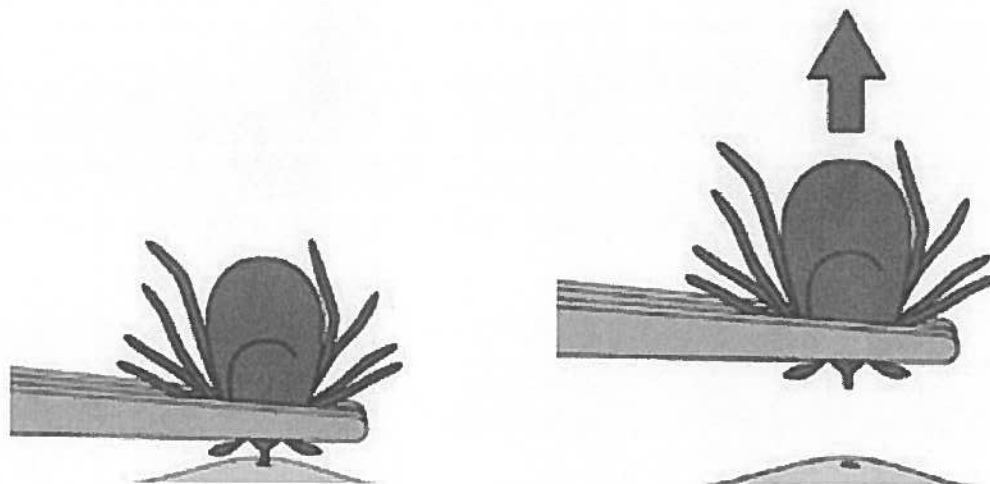
adult male



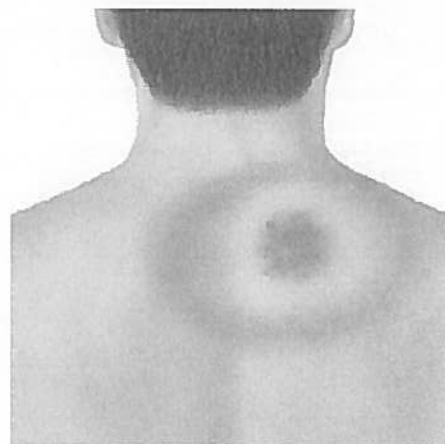
nymph



larva



How to remove a tick



Erythema migrans (EM) rash