



August

2024

Monthly Newsletter

Your Health Matters

Westfield Regional Health Department

Proudly serving Chatham Borough, Fanwood, Garwood, Madison, Mountainside, New Providence, Roselle Park, Summit, and Westfield



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Celebrated This Month

Immunization Awareness Month

August is National Immunization Awareness Month (NIAM). Together, we can help raise awareness about the importance of vaccination and encourage people to talk to their healthcare providers about staying up to date on their vaccinations.

In the US, vaccines have significantly decreased diseases that previously led to serious sickness and mortality. For instance, they have eradicated smallpox, nearly eliminated polio, and greatly reduced the incidence of diseases such as measles, mumps, and rubella.

Promoting the benefits of vaccinations will yield a healthier future. Stay on top of your vaccinations today!

[LEARN MORE](#) >>



Back to School

Immunizations Keep Your Kid Safe

August signifies the upcoming back-to-school season. To prevent some of the most serious infections, NJ requires students to receive a series of immunizations prior to attendance of school. Click "Learn More" to view NJ Immunization requirements.

[LEARN MORE](#) >>

National Farmers Market Week August 4th - 10th

Farmers markets provide a great place to meet and socialize with neighbors and offer an alternative shopping experience. Farmers markets increase access to fresh and

nutrient-rich food, give consumers the opportunity to develop relationships with local growers, raise awareness about the food system, and promote healthy eating habits. Visit your local farmers market today!

[LEARN MORE](#) >>

2

Local & State Highlights

New Jersey Quitline

Support to Quit Smoking

About 10.4% of New Jersey adults smoke cigarettes regularly, according to the 2022 New Jersey Behavioral Risk Factor Surveillance System. Tobacco use is the leading cause of preventable death in the United States.

The [New Jersey Quitline](#) offers several options to help NJ residents, 18 and older, quit smoking.

The services provided encompass welcome kits containing a quit guide, access to an online program portal for progress tracking and connecting with others in the quitting journey, one-on-one coaching calls to support the quit goal, email support with tips to combat urges, and a live chat with a quit coach for personalized assistance.

The one-call program provides registration and a single quit coach intervention, with unlimited re-enrollment. The two-call program, for those ready to quit within 30 days, includes a registration call and two intervention calls with a coach. Click "Learn More" for further program and registration information.

[LEARN MORE](#) »



National Night Out

Tuesday, August 6th

Meet your Police Department, Fire Department, Volunteer Rescue Squad, DPW, Health Department, Recreation, and other community services on National Night Out! This night provides a great opportunity to bring our community together through food, music, giveaways, equipment demos, fingerprinting, face painting, and activities for all ages to enjoy.

[LEARN MORE](#) »



Project Medicine Drop

Drop Box Locations

The effort to stop the abuse and diversion of prescription drugs begins at home. New Jersey residents can dispose of their unused medications safely and securely at any time throughout the year.

Through New Jersey's Project Medicine Drop (NJPMDD), secured drop boxes are being installed in local police departments.

Individuals from all across New Jersey can access these boxes every day of the week to dispose of unused and expired medications, thus preventing their misuse by those at risk.

The drop boxes accept solid pharmaceuticals such as pills, capsules, patches, inhalers, and pet medications. They cannot accept syringes or liquids. Click "Learn More" to view all drop box locations in New Jersey.

[LEARN MORE](#) »

3

Emergency Preparedness

Emergency preparedness for severe weather is crucial for ensuring safety and minimizing damage. By having a well-thought-out plan, individuals and communities can respond swiftly to emergencies, reduce the risk of injury or loss of life, and mitigate property damage.

Preparedness involves knowing local weather risks, having emergency supplies and communication plans ready, and being aware of evacuation routes. Explore each resource on the right to take the necessary steps towards preparedness.

LEARN MORE »

Emergency Preparedness Resources

- ✓ [Ready Together New Jersey](#) - A Public Health Guide for Emergency Planning.
- ✓ [NJ Register Ready](#) - Helps people with disabilities to register their special needs with their county office of emergency management.
- ✓ [Planning for a Power Outage with Medical Equipment](#)
- ✓ [NJ 211](#)

Flood Preparation

Become More Flood Resilient



A flood/flash flood WATCH means a flood or flash flood is possible.

A flood/flash flood WARNING means flooding or flash flooding is already occurring. Take immediate precautions.

- **Learn about flooding that can impact your home.** Use [New Jersey's Flood Indicator Tool](#) to view potential flood risk on or near your property.
- **Insure your flood prone property.** Most homeowner's policies do not cover flood damage.
- **Store valuables the flood-smart way.** Place valuable items such as documents, photo albums, and other memorabilia in sealed, waterproof containers and move them to a higher ground.
- **Secure propane tank.** Heat, hot water, dryers, fireplaces, generators, etc. can be fueled by propane. Propane tanks can easily be dislodged by floodwaters. Because they store compressed gas, ruptured or impacted tanks can explode. If your propane tank is not secured, contact the manufacturer, retailer, and/or propane supplier for anchoring options.

LEARN MORE »



Protect Your Home While Away on Vacation

- ☐ Install home security cameras.
- ☐ Use light timers inside and outside the residence.
- ☐ Pause mail, newspapers, and package deliveries.
- ☐ Ensure that lawn and garden care continues while you're away.
- ☐ Be cautious when posting on social media.
- ☐ Check all doors/windows are locked.

LEARN MORE »

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Disease Update

Dengue Virus

Increase of Cases in the US

The CDC issued a Health Advisory on June 25 to notify the public of an increased risk of dengue virus infections in the United States due to ongoing outbreaks in the Americas. Most cases in the United States occur in people who travel to areas where dengue is present.

The disease occurs mostly in tropical and subtropical areas, including the Caribbean, Central and South America, Africa, Asia, and Australia.

The best way to prevent dengue when traveling is to [avoid being bitten](#).

[LEARN MORE >>](#)

MOSQUITOES & TRAVELING

Know how to protect yourself when traveling to an area with Malaria, Dengue, and other mosquito-borne illnesses.



PLAN FOR TRAVEL

Before Your Travel

- Your destination and activities may determine what steps you need to take to protect yourself from mosquito bites. Check [CDC Destinations](#) to see what vaccines or medicines you may need and what diseases or health risks are a concern at your destination.
- Visit your healthcare provider for pre-travel medical care and to see if your provider recommends malaria prevention medications.
- Pack an Environmental Protection Agency (EPA)-registered insect repellent.
- Pack acetaminophen (also known as paracetamol outside of the United States) in your first aid kit. These medications can be used to manage fever and body pain in case you get dengue.

During Your Trip

- Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#) with one of the active ingredients: DEET, Picaridin, IR3535, Oil of lemon eucalyptus (OLE), Para-menthane-diol (PMD), 2-undecanone.
 - Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old. Cover strollers and baby carriers with mosquito netting.
- Wear long-sleeved shirts and long pants.
 - Use 0.5% permethrin to treat clothing and gear (such as boots, pants, socks, and tents) or buy permethrin-treated clothing and gear.
- Keep mosquitoes out of your hotel room or lodging.
 - Choose a hotel or lodging with air conditioning or window and door screens.
 - Use a mosquito net if you are unable to stay in a place with air conditioning or window and door screens or if you are sleeping outside. It is recommended to buy a mosquito net before traveling.

After Your Travel

- If you traveled and feel sick, particularly if you have a fever, talk to a healthcare provider and tell them about any areas you recently traveled to.
- Even if you do not feel sick, travelers returning from an [area with risk of dengue](#) should take steps to prevent mosquito bites for 3 weeks so they do not spread dengue to mosquitoes that could spread the virus to other people.

A higher-than-expected number of Dengue cases has been identified among US travelers, including in New Jersey. For more resources visit:
(As of June 28, 2024)
[Mosquito-Borne Diseases | NJDOH](#)
[Traveler's Health | Bun Bates | CDC](#)
[Preventing Malaria | CDC](#)
[Preventing Dengue | CDC](#)

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[Click to view FAQ sheet](#)

COVID Summer Surge

Increase of Cases in the US

The US is experiencing a surge in COVID cases this summer, driven by new variants. Emergency room visits jumped more than 23% in late June, [according to the latest data from the Centers for Disease Control and Prevention](#).

The reason for the increase in COVID cases is due to the FLiRT variant, which stems from the Omicron variant line. Offshoots of the FLiRT variant, including KP.3, KP.2, and KP.1.1 or any others starting with KP or JN, are mostly responsible for the increase in cases this summer. While the FLiRT variants don't appear to cause severe illness like their predecessors, there are several symptoms that stand out among the variants.

If you happen to come down with one of these COVID variants, current CDC guidance recommends that those infected stay isolated until their symptoms improve, and they are fever-free for at least 24 hours. After that, the CDC recommends that people take extra precautions for the following five days, such as wearing a mask in public.

[LEARN MORE >>](#)

What to know about the COVID SUMMER SURGE

The U.S. is experiencing a surge in COVID cases this summer, driven by new variants. Emergency room visits jumped more than 23% in late June, according to the latest data from the Centers for Disease Control and Prevention.

SYMPTOMS OF COVID:

- Sore throat
- Cough
- Fatigue
- Congestion
- Runny nose
- Fever or chills
- Headache
- Muscle aches
- New loss of sense of taste or smell
- Nausea or vomiting
- Diarrhea

RECOMMENDATION:

If you become ill with COVID or other respiratory illnesses, stay home and away from others until your symptoms improve and you are fever free for 24 hours. Then take added precautions for the next 5 days such as masking and distancing.

RESPIRATORY VIRUS GUIDANCE

CORE PREVENTION STRATEGIES

- Immunizations
- Hygiene
- Steps for Cleaner Air
- Treatment
- Stay Home and Prevent Spread

ADDITIONAL PREVENTION STRATEGIES

- Masks
- Social Distancing
- Taking COVID Tests


Layering prevention strategies can be especially helpful when:

- Respiratory viruses are causing a lot of illness in your community
- You or those around you have risk factors for severe illness
- You or those around you were recently exposed, are sick, or are recovering

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*Stay home and away from others until, for 24 hours BOTH:

 + 
Your symptoms are getting better + You are fever-free (without meds)

 Then take added precaution for the next 5 days

[Click to view FAQ sheet](#)

5

Upcoming Events & Resources

Free In-Person Training & Naloxone Nasal Spray Kits | Wednesday, September 18 at 7:00pm | Library of the Chathams - 214 Main Street, Chatham

Rutgers Robert Wood Johnson Medical School and The Division of Mental Health and Addiction Services have partnered together to offer this FREE activity and service. Learn how to use Naloxone in an emergency overdose situation and save lives! [Click or scan the QR code for more information or to register.](#)



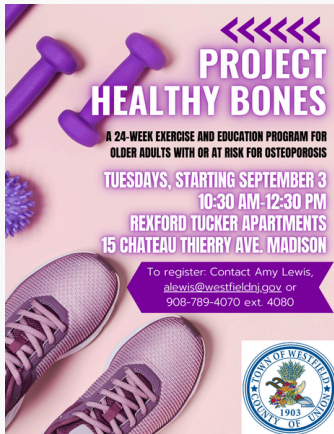
FREE IN-PERSON TRAINING & NALOXONE NASAL SPRAY KITS

PREVENT OPIOID OVERDOSE, SAVE LIVES
In case of a overdose, use naloxone
Rutgers Robert Wood Johnson Medical School and The Division of Mental Health and Addiction Services have partnered together to offer this FREE activity and service.

TO REGISTER
Scan the QR Code or use the link below:
<https://tinyurl.com/mv9f6ce>

Wednesday, September 18
7:00pm
Library of the Chathams
214 Main St. Chatham, NJ 07928

Attendees who are 18 years of age and older, who reside, attend school, or work in New Jersey will receive a Narcan Kit.
Rutgers - Robert Wood Johnson Medical School
Division of Addiction Psychiatry
732-235-4241
prevention@robbins.wjms.rutgers.edu
Funded by the New Jersey Division of Mental Health and Addiction Services



PROJECT HEALTHY BONES
A 24-WEEK EXERCISE AND EDUCATION PROGRAM FOR OLDER ADULTS WITH OR AT RISK FOR OSTEOPOROSIS
TUESDAYS, STARTING SEPTEMBER 3
10:30 AM-12:30 PM
REXFORD TUCKER APARTMENTS
15 CHATEAU THIERRY AVE. MADISON
To register: Contact Amy Lewis,
alewis@westfieldnj.gov or
908-789-4070 ext. 4080

Project Healthy Bones 24-Week Program for Older Adults with Osteoporosis | Rexford Tucker Apartments - 15 Chateau Thierry Ave., Madison | Tuesdays, starting September 3 at 10:30am - 12:30pm

Osteoporosis is a disease that thins and weakens bones, making them more likely to break. These exercises target the body's larger muscle groups to improve strength, balance, and flexibility. To register: Contact alewis@westfieldnj.gov or 908-789-4070 x4080

NJ Cooling Centers

As the hot weather continues, do you need a cooling center or know someone who does? You can find them at nj211.org/nj-cooling-centers or by calling NJ 211.



Need help?
211
Need a cooling center?
Visit NJ211.org or Call 2-1-1