



July

2025

Westfield Regional Health Department

Your Health Matters

Monthly Newsletter

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



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Recipe of the Month

1

July is UV (ultraviolet) Safety Awareness Month

With the summer sun at its strongest and more people spending time outdoors during holidays, school breaks, and recreational activities, this campaign highlights the dangers of excessive sun exposure and encourages healthy habits to protect the skin and eyes.

Exposure to UV rays can cause premature aging, sunburn, and eye conditions like cataracts. Early awareness and simple precautions can help prevent serious long-term effects.

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Skin Cancer Prevention

Exposure to UV radiation is the primary cause of skin cancer — the most common cancer in the United States. One in five Americans will develop skin cancer in their lifetime.

There are 3 main types of skin cancer:

- Basal cell carcinoma
- Squamous cell carcinoma
- Melanoma

Anyone can get skin cancer. You're at higher risk if you have:

- Fair (light-colored) skin with freckles
- Skin that burns easily or doesn't tan easily
- Blond or red hair
- Blue or green eyes

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Sun Safety Tips

- Wear broad-spectrum sunscreen with SPF 30 or higher every day, even on cloudy days.
- Use protective clothing, wide-brimmed hats, and UV-blocking sunglasses when outdoors.
- Seek shade during peak sun hours, typically between 10 a.m. and 4 p.m.
- Avoid tanning beds and opt for sunless tanning products if desired.
- Schedule regular skin checks with a dermatologist and perform self-exams at home.
- Educate children about sun safety early to help them build lifelong habits.

2

Healthy Vision

Caring for your eyes is essential—not just for today, but for maintaining your vision over the long term. While eye health often takes a back seat to physical or mental health, it plays a vital role in daily life, even in routine tasks.

The good news is that there are simple, everyday steps everyone can take to protect their eyes now and preserve their vision for the future.



Simple Ways to Help Your Eye Health

- **Get an Annual Eye Exam**

Regular comprehensive eye exams with your optometrist are one of the most effective ways to protect and preserve your vision.

- **Wear Protective Eyewear**

If you enjoy sports, active hobbies, or DIY projects at home, wearing impact-resistant eyewear is a smart way to protect your eyes during these activities.

- **Wear Sunglasses with UV Protection**

Spending time in the sun can be enjoyable, but it's important to protect your eyes from harmful UV rays—especially with prolonged exposure. Bright sunlight can increase the risk of cataracts, abnormal growths on the eye, and even certain types of eye cancer. UV rays reflected off surfaces like sand and water can also lead to irritation and even sunburn of the eyes. Wearing sunglasses is a simple, affordable way to safeguard your eyes both now and in the long run.

- **Rest Your Eyes from Devices**

Taking time to rest your eyes can help prevent and relieve digital eye strain, dry eyes, blurry vision, excessive tearing, headaches, eye fatigue, difficulty focusing, and light sensitivity. Make a conscious effort to blink more often to keep your eyes properly lubricated.

Take Care of Your Eyes

Eat healthy foods. Be sure to have plenty of dark, leafy greens like spinach, kale, and collard greens. Eating fish that are high in omega-3 fatty acids — like salmon, tuna, and halibut — is good for your eyes, too.

Get active. Being physically active helps you stay healthy. It can also lower your risk of health conditions that can cause eye health or vision problems — like diabetes, high blood pressure, and high cholesterol.

Quit smoking. Smoking isn't just bad for your lungs — it can hurt your eyes, too! Smoking increases your risk of diseases like macular degeneration and cataracts — and it can harm the optic nerve. If you're ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) for free support. [You can also check out the resources on Smokefree.gov](#)

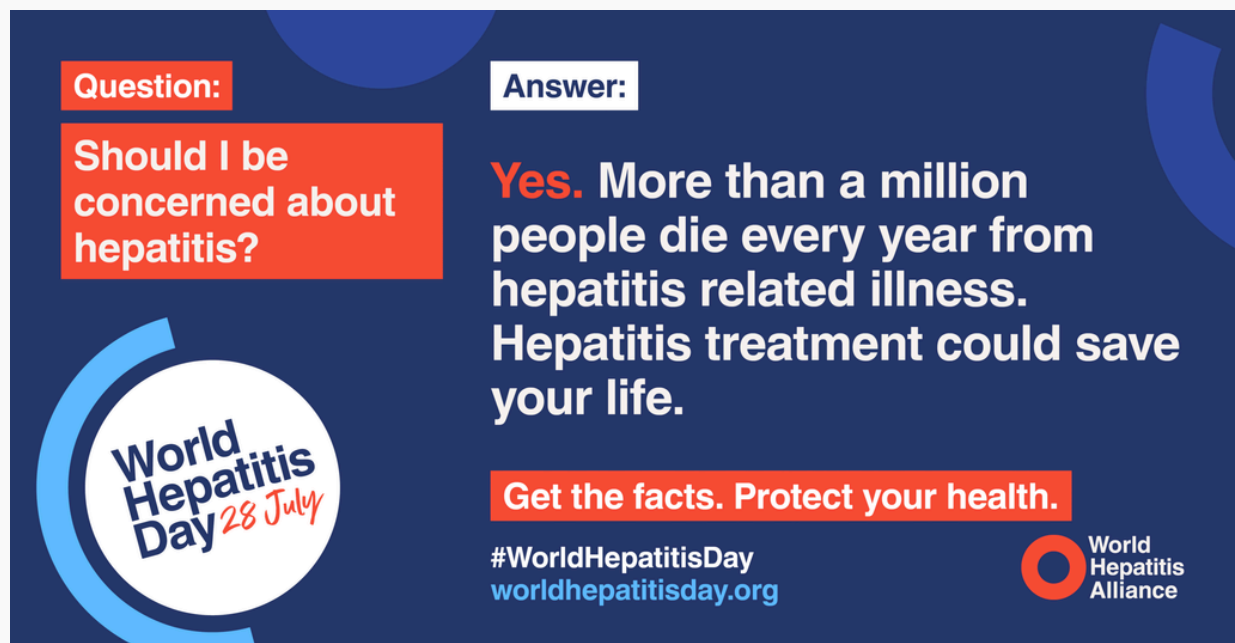
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What is Viral Hepatitis?

Hepatitis is a condition characterized by inflammation of the liver, most often caused by a viral infection. There are five primary types of hepatitis viruses—A, B, C, D, and E. These forms are the most concerning due to their significant impact on global health, including high rates of illness and death, and their potential to trigger outbreaks and widespread epidemics.

Every 30 seconds, a life is lost to a hepatitis-related illness. Yet, with effective prevention, testing, and treatment services already available, every hepatitis-related death is entirely preventable.

While hepatitis can impact anyone, it disproportionately affects individuals and communities that are underserved by health systems.

A dark blue infographic for World Hepatitis Day. It features a circular logo on the left with the text 'World Hepatitis Day 28 July'. To the right, a 'Question:' box asks 'Should I be concerned about hepatitis?' and an 'Answer:' box responds 'Yes. More than a million people die every year from hepatitis related illness. Hepatitis treatment could save your life.' Below the answer is a red box with the text 'Get the facts. Protect your health.' and the hashtag #WorldHepatitisDay with the website worldhepatitisday.org. The World Hepatitis Alliance logo is in the bottom right corner.

Question:

Should I be concerned about hepatitis?

Answer:

Yes. More than a million people die every year from hepatitis related illness. Hepatitis treatment could save your life.

Get the facts. Protect your health.

#WorldHepatitisDay
worldhepatitisday.org

World Hepatitis Alliance

Get the Facts

- Hepatitis is the world's deadliest virus, after COVID-19.
- There are over 2 million new cases of hepatitis every year.
- More than 300 million people are living with hepatitis.
- Hepatitis is the leading cause of liver cancer.
- We have everything we need to eliminate hepatitis by 2030.

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4 Water Safety

It only takes a moment—a child or inexperienced swimmer can drown in the time it takes to send a text, check a fishing line, or apply sunscreen. Drowning-related deaths and injuries occur daily in home pools and hot tubs, as well as at beaches, lakes, rivers, streams, bathtubs, and even in buckets.

By working together to build water competency—which includes swimming ability, water safety knowledge, and skills to assist others—we can make water activities safer while keeping them just as enjoyable.

Follow These Tips

Take these sensible precautions when you're around water (even if you're not planning to swim):

- Know your limitations, including physical fitness, medical conditions.
- Never swim alone; swim with lifeguards and/or water watchers present.
- Wear a U.S. Coast Guard-approved life jacket appropriate for your weight and size and the water activity. Always wear a life jacket while boating, regardless of swimming skill.
- Swim sober.
- Understand the dangers of hyperventilation and hypoxic blackout.
- Know how to call for help.
- Understand and adjust for the unique risks of the water environment you are in, such as:
 - River currents.
 - Ocean rip currents.
 - Water temperature.
 - Shallow or unclear water.
 - Underwater hazards, such as vegetation and animals.

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Recipe of the Month

Fruity Oatmeal Yogurt Parfaits

This protein-packed breakfast is an easy, healthy way to start the day.

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