

Your Health Matters

Westfield Regional Health Department

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



February

2024

American Heart Month

Mental Health in the Winter

Local Upcoming Events

Communicable Disease Update

1

American Heart Month

February is American Heart Month! Heart Disease is the **leading cause of death** in the United States. The most common type of Heart Disease in the United States is coronary artery disease (CAD), which can decrease blood flow and cause a heart attack.

Symptoms of Heart Disease can be “silent” and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia.

Risk Factors for heart disease include high blood pressure, high blood cholesterol, and smoking. Unfortunately, about half of the people in the US have at least one of these three risk factors.

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February 2nd National Wear Red Day

Friday, February 2nd is National Wear Red Day. Together, we can wear red, spread awareness and save lives.

Prevent Heart Disease Living a healthy lifestyle

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack.

Choosing healthy foods and drinks, maintaining your weight, getting regular exercise, and not smoking can all lower the risk of heart disease and having a heart attack. Taking care of your heart sets an example for those around you to do the same.

2

Mental Health in the Winter

These winter months can take a toll on your physical and mental wellbeing. Many people feel "down" or have the **"winter blues"** when the days get shorter and colder in winter. You may find yourself feeling more irritable, having low energy, and struggling to do daily tasks. And with the rise of illnesses in the winter, including **COVID-19, RSV, and the flu**, we are spending more times indoors, away from socialization. Maintaining your mental health through these winter months is important in supporting your overall health, safety and wellness.

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Maintaining Your Mental Health

1) Right amount of sleep

Typically sleeping 7 to 8 hours a night can help you feel less stressed and more energetic. Develop a night time routine, such as incorporating soothing activities like reading, meditation, journaling, or drinking decaffeinated tea.

2) Spend time with friends

Socializing and spending time with loved ones can often be a mood booster. Having a social support network is one of the biggest protective factors we have against mental health. Take time for hang outs and game nights. If your loved ones are far away, try video calls or a virtual movie night.

3) Practice Mindfulness

You can practice mindfulness through meditation. Mindfulness is a quality of mind that is awake and aware. It can decrease reactivity, increase resilience, enhance intelligence, and help you see clearly how things actually are.

4) Keep moving

Doing any type of activity that gets your heart pumping can release a range of neurochemicals in your brain that promote feelings of well-being, which can help with mild depression. Walking, jogging, dancing or playing in the snow are all ways to get active.

5) Go Outside

Even during the cold, winter months, spending time outside for even a brief period of time can help regulate your mood. Sunlight can help you feel better by triggering the release of serotonin.

Eating Disorders

February is National Eating Disorder Awareness Month

February is dedicated to bringing awareness to all eating disorders and educating those on when to seek help. This month is an opportunity to shed light on those difficult conversations.

National Eating Disorder Awareness Week is February 26 - March 3.

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3

Local Upcoming Events



February 15th | Madison Area YMCA | MCC - Teen Topics - Eating and Exercise: The Dietitian's Truth
(Click flyer or visit MCC website to register)



February 13th | Westfield Library | 1PM - 2PM | Lifelong Westfield Senior Event - Thriving Not Just Surviving the Dark and Cold Winter Months
(Click flyer for more information)



Union County's Take a Break Tuesdays | Roselle Park Veterans Memorial Library | 6:30 PM - 7:30 PM
(Click flyer for more information)



February 21st | Westfield Library | 7PM - 8:30PM | Westfield Mental Health Council Effective Strategies for Managing Parental Stress
(Click or visit WML to register)



March 2nd | Chatham Fish & Game Club | 10 AM - 2PM | Chatham Area Chamber of Commerce - Health, Wellness & Living Event
(Click or visit CACC website to register)
Join us for our first annual health, wellness & living event for a variety of resources available to you across nutrition, mental health, physical fitness, medical care, screenings, mindfulness, balance, self-care, beauty, environmental factors, gut health, and so much more.

Blood Pressure Screenings Free for residents

February 1st & 15th | Garwood Seniors | Knights of Columbus, 36 South Ave, Garwood | 11:30 AM - 12:30 PM

February 13th | Mountainside Seniors | Town Hall Rt 22 West | 9:15 AM - 10:15 AM

February 27th | Roselle Park Seniors | Casano Center | 12 PM - 1 PM



4

Communicable Diseases

What to do if you were exposed to COVID-19

Wear a mask as soon as you figured out you were exposed

- Day 0 is the day of your last exposure to someone with COVID-19
- Day 1 is the first full day after your last exposure

Continue precautions for 10 full days

You can still develop COVID-19 up to 10 days after you have been exposed

- Wear a high quality mask (e.g., N95)
- Do not go places you are unable to wear a mask

Watch for symptoms: If you develop symptoms:

• Fever	• Isolate immediately
• Cough	• Get tested
• Shortness of breath	• Stay home until you know the result

Day 6 - Get Tested

Get tested at least 5 full days after your last exposure

- If you test negative, take precautions through Day 10 and wear a mask around others
- If you test positive, isolate immediately

Source: CDC | 2024

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COVID-19 Guidelines

If you test positive...

- Isolate for 5 days after testing positive.
- Return on Day 6, if you feel better.
- Continue wearing a mask through Day 10 if you continue to test positive through Day 6.
- If you test negative on home test on day 6 and AM of day 8 (2 tests 48 hours apart) you can remove the mask after second test on day 8.**

Influenza (Flu)

a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs.

According to the NJ Department of Health Influenza Surveillance Report (1/20/24), influenza activity level is high statewide. Some people, such as older people, young children, and people with certain health conditions are at high risk for serious flu complications. To stay safe, wash your hands and disinfect frequently touched surfaces.

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