

NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!

CHECK YOUR HOME FOR HEALTH HAZARDS

Your home should be a safe and healthy environment.

However, some environmental hazards can be difficult to see or detect.
Take a few minutes to check your home for these common health concerns.

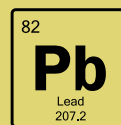
WHAT SHOULD YOU CHECK FOR?

- 1. RADON** 
- Test your home for radon, a naturally occurring gas that can enter through cracks in your foundation.

- 2. MOLD AND MOISTURE** 
- Check for leaks, damp areas, and visible mold. Fix moisture problems promptly to prevent mold growth.

- 3. CARBON MONOXIDE** 
- Install working carbon monoxide detectors and have fuel-burning appliances and heating systems properly maintained.

- 4. LEAD**
- Homes built before 1978 may contain lead-based paint. Keep painted surfaces in good condition and test when appropriate.



- 5. MOSQUITOES AND PESTS**
- Remove standing water and keep food sealed to help prevent mosquitoes, rodents, and other pests.



- 6. DRINKING WATER**
- If you have a private well, test your water regularly and properly maintain your well and septic system.





REDUCE CHEMICALS IN YOUR HOME



Many everyday products contain PFAS, (Per-and Polyfluoroalkyl Substances) or “forever chemicals,” which are used to resist water, stains, grease, and heat. Because they don’t easily break down, they can remain in our environment and bodies.

Simple Ways to Reduce Exposure:

Check Your Drinking Water



- Monitor your drinking water for PFAS and consider using an EPA-approved water filter if appropriate.

Choose Safer Cookware



- Avoid heating nonstick cookware at high temperatures. Consider alternatives such as stainless steel, cast iron, or anodized aluminum.

Limit Grease-Resistant Packaging



- PFAS may be found in some food packaging, including grease-resistant paper, microwave popcorn bags, and pizza boxes.

Be Mindful of Water- & Stain-Resistant Products



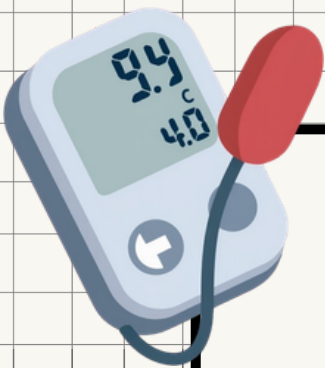
- Consider limiting products marketed as stain-, water-, or grease-resistant when alternatives are available.

Choose Safer Materials for Children



- When possible, choose toys made from natural materials, such as wood, rather than plastic.





COULD IT BE MORE THAN A COUGH?

A cough that sticks around may be more than just a cold. Chronic obstructive pulmonary disease (COPD) is a long-term condition that affects breathing and can develop gradually.

Know the Signs

Pay attention to symptoms such as:

- Frequent or ongoing cough
- Shortness of breath, especially during activity
- Wheezing
- Mucus or phlegm
- Feeling tired or having less energy



Protect Your Lungs

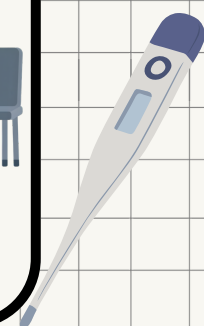
- Avoid smoking and secondhand smoke
- Limit exposure to dust, fumes, and other lung irritants



Don't Ignore Changes in Your Breathing

COPD symptoms can develop slowly, so they may be easy to overlook or mistake for normal aging or being out of shape.

If you have ongoing breathing problems, talk with your healthcare provider. Early evaluation and treatment can help manage symptoms and protect your quality of life.





NOVEMBER IS NATIONAL DIABETES MONTH

Diabetes affects how your body uses blood sugar for energy. Over time, high blood sugar can lead to serious health problems.

Know the Signs

- » Increased thirst or urination
- » Feeling tired
- » Blurred vision
- » Unexplained weight loss
- » Slow-healing wounds

Take Steps to Stay Healthy

Eat Well

- Choose more fruits,  vegetables, whole grains, and lean proteins.

Stay Active

- Aim for regular physical  activity throughout the week.

Maintain a Healthy Weight

- Even small, healthy  changes can make a difference.

Know Your Numbers

- Talk with your healthcare  provider about blood sugar testing and your risk for diabetes.



IS IT COLD, FLU, COVID, OR RSV?



Public Health
Prevent. Promote. Protect.

COVID-19, Flu, RSV, and the common cold can have similar symptoms.
Use this chart to compare common signs and symptoms.
Remember: symptoms can vary from person to person.

SYMPTOMS	COLD	FLU	COVID-19	RSV
Muscle or body Aches	Mild	Yes	Yes	Sometimes
Cough	Mild	Yes	Yes	Yes
Chills	Rare	Yes	Yes	Sometimes
Shortness of breath	No	No	Yes	Sometimes
Fatigue or weakness	Sometimes	Yes	Yes	Sometimes
Fever	Rare	Yes	Yes	Sometimes
Headache	Rare	Yes	Yes	Sometimes
Sneezing	Yes	Sometimes	No	Yes
Sore throat	Yes	Sometimes	Yes	Sometimes
Stuffy or runny nose	Yes	Sometimes	Yes	Yes
New loss of taste or smell	No	Sometimes	Yes	No
Nausea or vomiting	No	Sometimes*	Yes	Sometimes
Diarrhea	No	Sometimes*	Yes	Sometimes

*MORE FREQUENT IN CHILDREN

SOURCE: CENTERS FOR DISEASE CONTROL
AND PREVENTION



STAYINFORMED—SCANHERE



Sussex County
Division of Health

973-579-0370
schealth@sussex.nj.us

201 Wheatsworth Road,
Hamburg NJ 07419

05/07

Getting Where You Need to Go Just Got Easier

FREE TRANSPORTATION SUPPORT IS AVAILABLE!

Residents of Hunterdon, Warren, and Sussex Counties can access convenient, on-demand transportation to:

- ✓ Health care appointments
- ✓ Cancer support services
- ✓ Community programs and resources
- ✓ Other essential appointments and services

Through our partnership with **GoGoGrandparent**, transportation support is available by phone when you need it.

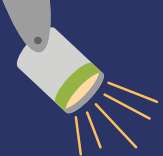
Need a Ride? Call Today
855-620-0565

Our social work team is also available to assist with transportation coordination for individuals connected through provider referrals.

Serving residents of Hunterdon, Warren, and Sussex Counties

This publication is funded by the Centers for Medicare & Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$147,250,805.85, with 100 percent funded by CMS/HHS. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by CMS/HHS, or the U.S. Government.





Llegar a donde necesitas ir ahora es muy fácil.

¡HAY ASISTENCIA DE TRANSPORTE GRATUITA DISPONIBLE!

Los residentes de los condados de Hunterdon, Warren, y Sussex pueden acceder a un transporte práctico y bajo demanda para:

- ✓ Citas médicas
- ✓ Servicios de apoyo para el cáncer
- ✓ Programas y recursos comunitarios
- ✓ Otras citas y servicios esenciales

Gracias a nuestra colaboración con **GoGoGrandparent**, dispondrá de asistencia para el transporte por teléfono cuando la necesite.

¿Necesitas transporte? Llama hoy mismo.
855-620-0565

Nuestro equipo de trabajo social también ayudará a coordinar el transporte según las recomendaciones de los proveedores.

**Al servicio de los residentes de los condados de
Hunterdon, Warren y Sussex**

Esta publicación está financiada por los Centros de Servicios de Medicare y Medicaid (CMS) del Departamento de Salud y Servicios Humanos de los EE. UU. (HHS) como parte de una subvención de asistencia financiera por un total de \$147,250,805.85, financiada al 100 por ciento por los CMS/HHS. El contenido es responsabilidad del autor y no representa necesariamente las opiniones oficiales ni constituye un respaldo por parte de los CMS/HHS o del Gobierno de los EE. UU.



NEW JERSEY
RURAL HEALTH TRANSFORMATION