

NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!

KNOW YOUR BUG BITES!

How to Identify Common Summer Bites:

Spending time outdoors is a great way to enjoy the summer, but bug bites can quickly put a damper on your day. While most bites cause mild itching or irritation, knowing what bit you can help you decide if medical attention is needed.



Bug	What it Looks like	Common Symptoms	When to Seek Help
<u>Mosquito</u> 	Raised, round, itchy bump that appears a few hours after the bite	Itching and mild swelling	Seek medical care if flu-like symptoms develop after the bite or swelling is severe.
<u>Tick</u> 	Small red bump *Note: the tick may still be attached	Usually painless at first	Watch for a bull's-eye rash, fever, or body aches, which may indicate Lyme disease.
<u>Spider</u> 	One or two small puncture marks with redness and swelling around the bite.	Mild pain, redness, and itching	Seek medical attention if you develop severe pain, spreading redness, muscle cramps, fever, or if you suspect a venomous spider bite.
<u>Bee/Wasp</u> 	Immediate redness and swelling around the sting site	Pain, burning, and swelling	Call 911 if you experience difficulty breathing, facial swelling, or signs of an allergic reaction.



Protect Yourself!



- Apply an EPA-registered insect repellent when outdoors.
- Wear long sleeves and pants in wooded or grassy areas.
- Perform a tick check after spending time outside.
- Remove standing water around your home to reduce mosquito breeding.



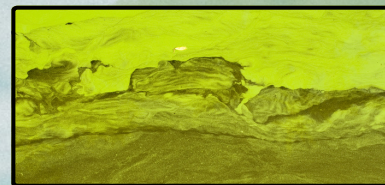
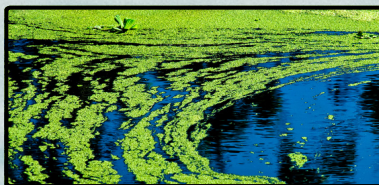


LOOK OUT FOR HARMFUL ALGAL BLOOMS

A harmful algal bloom (HAB) is an overgrowth of algae in a body of water that could affect water quality and aquatic life. Some HABs produced by bacteria can create toxins that may also harm people, animals, and the environment.

How to Identify a Harmful Algal Bloom

Algal blooms can make the water appear green, blue, brown, gold, or red



Seeing colors, scums, mats, foam, or paint-like streaks in the water or clumps on the shore may indicate a bloom

Symptoms of Exposure

Vary depending on how a person and/or animal is exposed, and whether the HAB is in salt or fresh water

Ear, eye, nose, skin, and throat irritation

Paralysis respiratory, illness, and seizures

Abdominal pain, diarrhea, vomiting

For pets: drooling, diarrhea, low energy, stumbling, and vomiting

When in doubt, stay out!

Stay away from the water when a suspected HAB is present

DON'T

Play with scum or mats on the shore

DON'T

Let animals drink water, eat algae, or swim

DON'T

Swim in suspected waters

DON'T

Engage in water activities like fishing or kayaking

Report a suspected HAB by scanning below!



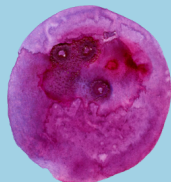
CYCLOSPORIASIS



What You Need to Know



WHAT IS CYCLOSPORIASIS?



Cyclosporiasis is an intestinal illness caused by the microscopic parasite *Cyclospora*. People become infected by eating contaminated food or drinking contaminated water. The illness does not spread directly from person to person.

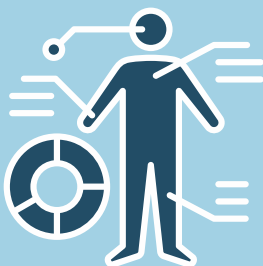
Anyone can become infected.

In the United States, cases are often linked to imported fresh produce or international travel to tropical and subtropical regions.

WHO IS AT RISK?



COMMON SYMPTOMS



Symptoms typically appear about one week after exposure and may last several weeks if untreated.

- Frequent watery diarrhea
- Loss of appetite and weight
- Stomach cramps, bloating, and gas
- Nausea
- Fatigue
- Low-grade fever

- ✓ Wash hands frequently.
- ✓ Avoid food or water that may be contaminated.
- ✓ Practice safe food and water habits when traveling.
- ✓ Thoroughly wash fresh fruits and vegetables before eating.

HOW TO PREVENT IT





VACCINES FOR EVERY STAGE OF LIFE

STAY PROTECTED. STAY HEALTHY.

August is Immunization Awareness Month!
Vaccines help prevent serious diseases and protect you,
your family, and your community.

Infants & Children (Birth–10 Years)

Required for NJ Child Care & School:

- Hepatitis B
- DTaP
- Pneumococcal (PCV)
- MMR
- Varicella (Chickenpox)
- Hib
- Polio (IPV)

Recommended:

- Hepatitis A
- Annual Influenza (required only for children in child care/preschool ages 6–59 months)
- COVID-19 (per CDC recommendations)
- Rotavirus

Adolescents & Teens (11–18 Years)

Required for NJ 6th Grade

Entry:

- Tdap
- Meningococcal (MenACWY)

Recommended:

- Tdap Booster
- Meningococcal (MenACWY)
- COVID-19 (when recommended)
- HPV
- Annual Flu

Adults & Seniors (19+ Years)

Stay Up to Date With:

- Annual Flu Vaccine
- COVID-19
- Tdap Booster (every 10 years)
- Shingles (50+)
- Pneumococcal (65+ or high risk)
- RSV (eligible older adults)
- Hepatitis A & B (if recommended)



August is: Overdose Awareness Month

Did You Know?

- An overdose death occurs about every five minutes in the US.
- Approximately 80,000 people died from a drug overdose in the U.S. in 2024.
- Nearly 42% of Americans know someone who has died from an overdose.

Statistics and overdose prevention information adapted from the Centers for Disease Control and Prevention (CDC), 2026.

Recognize the Signs of an Opioid Overdose



Knowing the warning signs of an opioid overdose can save a life.

If you suspect someone is overdosing, call 911 immediately, administer naloxone (Narcan®) if available, keep the person breathing if possible, and place them on their side to prevent choking. Never leave them alone.

Common Signs of an Overdose

- Unconscious or unable to wake up
- Slow, shallow, or stopped breathing
- Choking, gurgling, or snoring sounds
- Blue or gray lips and fingernails
- Tiny "pinpoint" pupils that do not respond to light

Naloxone Saves Lives

Naloxone (Narcan®) is a safe, easy-to-use medication that can quickly reverse an opioid overdose. Anyone can carry and administer naloxone while waiting for emergency responders.

What Are Overdose Fatality Review (OFR) Teams?

OFR Teams review overdose deaths to identify opportunities for prevention, strengthen community partnerships, & improve access to lifesaving resources.

Scan the QR code to find a convenient medication disposal location near you





Naloxone (Narcan) in Sussex County

What is Naloxone?

Naloxone (Narcan) is a life-saving medication that can quickly reverse an opioid overdose. It is safe, easy to use, and available free of charge to New Jersey residents..



Get Naloxone Locally

Anyone age 14 or older can obtain naloxone anonymously at no cost from participating pharmacies.

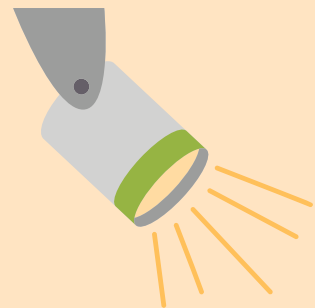
Community Pharmacies

ACME Markets – Sussex	ACME Markets – Vernon
North Country Pharmacy – Franklin	Sparta Pharmacy
Stop & Shop Pharmacy – Sparta	Walgreens – Franklin
Walgreens – Newton	CVS – Sparta
Walmart Pharmacy – Newton	ShopRite – Sussex
Baker Pharmacy – Sussex	Walmart – Franklin

Prefer to Recieve Naloxone by Mail?

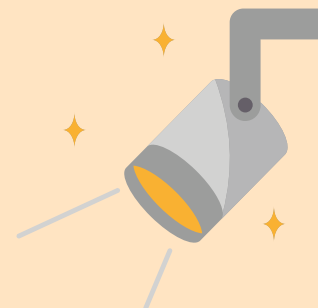
You can request a free naloxone kit by mail through the New Jersey program.
Availability is not guaranteed.





SPOTLIGHT

OF THE MONTH



Sussex County Cooling Centers

Main Library	
125 Morris Turnpike, Newton, NJ 07860	
Monday through Thursday	8:30 a.m. – 8:30 p.m.
Friday	8:30 a.m. – 5:00 p.m.
Saturday	9:00 a.m. – 5:00 p.m.

Dorothy Henry Branch	
66 Route 94, Vernon, NJ 07462	
Monday, Wednesday, Friday	9:00 a.m. – 5:00 p.m.
Tuesday and Thursday	9:00 a.m. – 8:00 p.m.
Saturday	9:00 a.m. – 5:00 p.m.

Franklin Branch	
103 Main Street, Franklin, NJ 07416	
Monday, Wednesday, Friday	9:00 a.m. – 5:00 p.m.
Tuesday and Thursday	9:00 a.m. – 8:00 p.m.
Saturday	9:00 a.m. – 5:00 p.m.

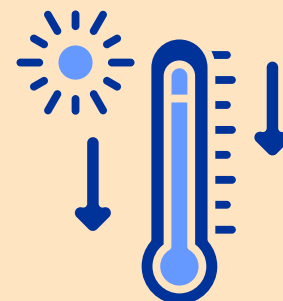
Louise Childs Branch	
21 Stanhope Sparta Road, Stanhope, NJ 07874	
Monday, Wednesday, Friday	9:00 a.m. – 5:00 p.m.
Tuesday and Thursday	9:00 a.m. – 8:00 p.m.
Saturday	9:00 a.m. – 5:00 p.m.

Sussex-Wantage Branch	
69 County Road 639, Wantage, NJ 07461	
Monday and Wednesday	9:00 a.m. – 8:00 p.m.
Tuesday, Thursday, Friday	9:00 a.m. – 5:00 p.m.
Saturday	9:00 a.m. – 5:00 p.m.

Sussex County Division of Social Services*	
83 Spring Street, Suite 203, Newton, NJ 07860	
Monday through Friday	8:30 a.m. – 4:30 p.m.

Montague Municipal Building	
277 Clove Road, Montague, NJ 07827	
Monday through Friday	8:30 a.m. – 4:00 p.m.

Sparta Township Police Department	
65 Main Street, Sparta, NJ 07871	
24/7 Cooling Center	



***Dennis Branch**
Library in Newton is closed for renovations until further notice. The Division of Social Services will serve as a cooling center during the renovations.

***Please note that all**
Sussex County Libraries and County offices are closed on County observed holidays, in addition to any other days the County is closed for business.

