



Public Health
Prevent. Promote. Protect.

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NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!

POISONOUS PLANTS



Poison Ivy



Poison Sumac



Poison Oak



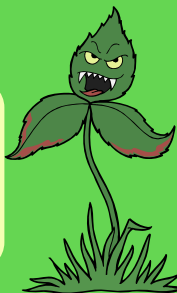
Poison Hemlock

Prevention Technique

- Avoid direct contact with unknown plants.
- Wear long sleeves, long pants, and gloves when hiking, gardening, or working in wooded areas.
- Wash exposed skin, clothing, and tools promptly after outdoor activities.
- Teach children to recognize and avoid poisonous plants.

Remember:

"Leaves of three, let it be" can help identify poison ivy and poison oak!



If Exposure Happens

- Wash skin **promptly** with soap and water.
- **Wash** contaminated clothing and equipment.
- Use cool compresses and over-the-counter anti-itch products to **relieve** symptoms.
- Contact a **healthcare provider** if symptoms are severe or worsening.
- **Seek** immediate medical care for suspected poison hemlock exposure or difficulty breathing.



JULY IS: SARCOMA AWARENESS MONTH



What is Sarcoma?

Sarcoma is a rare cancer that develops in the body's connective tissues, including bone, muscle, fat, cartilage, and blood vessels. It can affect people of all ages.

Quick Facts

- Sarcoma is a rare cancer of the bone and soft tissues.
- It can affect people of all ages.
- Early diagnosis can improve treatment options.

Take Action

- ✓ Know the warning signs of sarcoma
- ✓ Do not ignore a lump that is growing or changing
- ✓ Talk to your healthcare provider about persistent pain or swelling
- ✓ Keep up with routine medical checkups
- ✓ Encourage friends and family to seek medical attention for concerning symptoms



Know the Signs

- A lump that grows, changes, or becomes painful
- Persistent bone, joint, or muscle pain
- Swelling that does not go away
- Abdominal pain, fullness, or swelling
- Difficulty using an arm or leg normally



Why Awareness Matters

Sarcoma is rare, which can make it harder to recognize. Knowing the signs and seeking medical care for unusual symptoms can help lead to earlier diagnosis and treatment.





SUN SAFETY

FOR THE WHOLE FAMILY

Enjoy the summer safely!

Follow these simple sun safety tips to protect yourself and your family.

CHILDREN



- KEEP BABIES UNDER 6 MONTHS OUT OF DIRECT SUNLIGHT.
- DRESS CHILDREN IN LIGHTWEIGHT, PROTECTIVE CLOTHING AND HATS.
- USE BROAD-SPECTRUM SUNSCREEN WITH SPF 30+
- ENCOURAGE PLAY IN SHADED AREAS.



ADULTS

- APPLY SPF 30+ SUNSCREEN DAILY AND REAPPLY EVERY 2 HOURS.
- WEAR SUNGLASSES AND A WIDE-BRIMMED HAT.
- SEEK SHADE, ESPECIALLY BETWEEN 10 A.M. AND 4 P.M.
- AVOID INDOOR TANNING.

OLDER ADULTS



- CONTINUE PRACTICING DAILY SUN PROTECTION.
- CHECK YOUR SKIN REGULARLY FOR NEW OR CHANGING MOLES OR SPOTS.
- TALK TO YOUR HEALTHCARE PROVIDER ABOUT ROUTINE SKIN EXAMS.

**REMEMBER:
SLIP, SLOP, SLAP, SEEK, AND SLIDE**

-  **SLIP ON PROTECTIVE CLOTHING**
-  **SLOP ON SUNSCREEN**
-  **SLAP ON A HAT**
-  **SEEK SHADE**
-  **SLIDE ON SUNGLASSES**

FAMILY SUN SAFETY CHECKLIST

BEFORE HEADING OUTDOORS:

- ☐ APPLY SPF 30+ SUNSCREEN
- ☐ PACK SUNGLASSES AND HATS
- ☐ BRING WATER TO STAY HYDRATED
- ☐ IDENTIFY SHADED AREAS
- ☐ PLAN TO REAPPLY SUNSCREEN EVERY 2 HRS
- ☐ CHECK TODAY'S UV INDEX



THE EIGHT DIMENSIONS OF WELLNESS



Health is more than just diet and exercise. True wellness involves caring for your mind, body, and overall well-being. Focusing on all aspects of wellness can improve your health, resilience, and quality of life.

Understanding the Eight Dimensions:



Emotional Wellness

Understanding and managing your emotions helps you cope with life's challenges. Practice gratitude, connect with supportive people, laugh often, and be kind to yourself.



Occupational Wellness

Finding purpose and satisfaction through work, volunteering, or personal pursuits contributes to overall well-being. Set realistic goals and seek opportunities that align with your interests and values.



Intellectual Wellness

Keep your mind active by learning new skills, exploring hobbies, attending educational events, or challenging yourself with new experiences.



Environmental Wellness

A healthy environment supports a healthy life. Spend time outdoors, conserve resources, recycle, and help keep your community clean and safe.





Financial Wellness

Managing money wisely can reduce stress and improve quality of life. Create a budget, save when possible, and make informed spending decisions.



Social Wellness

Strong relationships with family, friends, coworkers, and community members help build support systems and foster a sense of belonging.



Physical Wellness

Regular physical activity, nutritious foods, quality sleep, preventive healthcare, and healthy habits all contribute to physical wellness. Aim for at least 30 minutes of movement each day.



Spiritual Wellness

Spiritual wellness involves finding meaning and purpose in life. This may include faith, personal values, mindfulness, reflection, or connecting with something greater than yourself.

This Month's Wellness Challenge!

Choose one dimension of wellness and commit to one positive action this week:

- Take a 15-minute walk outdoors
- Call a friend or family member
- Start a gratitude journal
- Create a monthly budget
- Try a new hobby or learn a new skill



Every step toward wellness counts!



SPOTLIGHT

OF THE MONTH



Big Things Are Happening in Sussex County!

The Sussex County Division of Health has officially launched the Sussex County Community Health Alliance! A powerful coalition of community partners, healthcare providers, municipalities, nonprofits, schools, and county agencies all working together toward one goal: a healthier Sussex County for everyone.

Thank you to our incredible participating partners who joined us at our first Community Forum:

- Advanced Housing
- Atlantic Health
- Bridgeway Rehab
- Center for Prevention
- Family Promise
- Family Support Organization of Morris and Sussex
- Ginnie's House
- Mental Health Association
- NORWESCAP
- Office of Public Health Nursing
- Partnership for Maternal and Child Health
- Project Self Sufficiency
- SC Child Health Crisis Workgroup

- Sparta Food Pantry
- Sussex County Board of Education — Superintendent
- Sussex County Department of Health & Human Services
- Sussex County Division of Community & Youth Services
- Sussex County Division of Health
- Sussex County Division of Senior Services
- Sussex County Division of Social Services
- YMCA
- Zufall Health

Your presence and commitment are the foundation of this Alliance!

Want to be part of it? Join us at our next Alliance meeting:
Wednesday, September 23, 2026

For more information or to express your interest in joining, contact us at:
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