



**Public Health**  
Prevent. Promote. Protect.

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# NEWSLETTER

## Sussex County Division of Health



Welcome to  
the health  
hub!



# FIVE KEYS TO SAFER FOOD

June 7<sup>th</sup> is World Food Safety Day!



### Keep Clean

- Clean and sanitize surfaces, utensils, and equipment.
- Protect food from insects and pests.
- Wash hands before and during food preparation.

**Why?**  
Germs can spread easily from hands and surfaces to food.

**Why?**  
Raw foods can spread bacteria to other foods.

### Separate Raw and Cooked Food

- Keep raw meat, poultry, and seafood away from ready-to-eat foods.
- Use separate cutting boards and utensils for raw foods.



### Cook Thoroughly

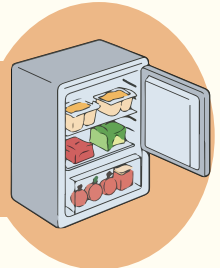
- Fully cook meat, poultry, seafood, and eggs.
- Reheat leftovers thoroughly.
- Bring soups and stews to a boil.

**Why?**  
Proper cooking kills harmful germs.

**Why?**  
Bacteria grow quickly at room temperature.

### Keep Food at Safe Temperature

- Do not leave food out for more than 2 hours.
- Refrigerate perishable foods promptly below 41°F (5°C).
- Keep hot foods above 140°F (60°C).



### Use Safe Water and Ingredients

- Use safe water and fresh ingredients.
- Wash fruits and vegetables before eating.
- Avoid expired foods.
- Choose pasteurized products when possible.

**Why?**  
Contaminated ingredients can cause illness.



# SUSSEX COUNTY CLEAN COMMUNITIES AT: *Earth Day 2026*



The Sussex County Division of Health was proud to participate in the 19th annual Earth Day event hosted by the Sussex County Municipal Utilities Authority on April 22.

Students rotated through a variety of educational stations focused on environmental awareness and sustainability.

Through the Sussex County Clean Communities Program, staff shared the importance of litter prevention and community responsibility.

Students learned what litter is, how it impacts the environment, where it ends up, and simple ways everyone can help keep Sussex County clean.



The key message shared throughout the day was simple: preventing litter is a responsibility we all share.



# MEN'S HEALTH MATTERS♂



June is Men's Health Month

## Why it Matters

Men are significantly less likely than women to visit a doctor, seek preventive care, or follow up on warning signs.

The good news: most of the leading causes of death among men are preventable with early screening and lifestyle changes.

## Know the Numbers

**1 in 8** NJ men will be diagnosed with prostate cancer

**#1** cause of death in men is heart disease

**50%** of men with high blood pressure don't know it

**45+** is the age to begin colorectal cancer screening

Centers for Disease Control and Prevention. (2024). Men and heart disease. U.S. Department of Health and Human Services. CDC Men and Heart Disease

## NJCEED

The NJ Cancer Education & Early Detection (NJCEED) program, offered by the Sussex County Division of Health, provide prostate and colorectal cancer screening for eligible residents.

Call [973-579-0570](tel:973-579-0570) to find out if you qualify.

## Preventative Screenings

### Blood Pressure

- Check at least every 1-2 years. High blood pressure often has no symptoms.

### Cholesterol & Blood Sugar

- Check regularly to help detect heart disease and diabetes early.

### Colorectal Cancer

- Begin at age 45 (earlier if family history). Colonoscopy or at-home stool test are options.

### Prostate (PSA) Test


- Discuss with your doctor starting at 50 (age 40-45 if higher risk). NJCEED can help cover costs.

### Mental Health

- Talk to a healthcare provider if you are feeling stressed, anxious, or depressed.

### Flu & Vaccines

- Annual flu vaccine plus Tdap, shingles (50+), and pneumonia (65+). Clinics offered countywide each fall.

Scan the QR code for more information 





# ALZHEIMER'S & BRAIN AWARENESS MONTH

## WHAT IS ALZHEIMER'S?

Alzheimer's disease is the most common form of dementia. It affects memory, thinking, behavior, and symptoms often develop gradually over time.



## WARNING SIGNS



- Memory loss disrupting daily life
- Difficulty completing familiar tasks
- Confusion with time or place
- Changes in mood or personality

## TIPS FOR BRAIN HEALTH

- Manage blood pressure and stress
- Stay socially connected
- Keep your mind active
- Stay physically active
- Eat a balanced diet
- Get quality sleep





# SUNNY DAYS, HEALTHY WAYS

Summer is the perfect time to enjoy the outdoors, stay active, and spend time with family and friends. Keep these wellness tips in mind to help you stay healthy and safe all season long.

## Stay Hydrated & Stay Cool

Drink plenty of water throughout the day, especially during hot weather and outdoor activities. Carry a reusable water bottle and avoid waiting until you feel thirsty.



## Block Harmful Rays

Protect your skin by wearing sunscreen with SPF 30 or higher, sunglasses, and lightweight protective clothing. Reapply sunscreen every two hours and after swimming.



## Protect Against Ticks & Bugs

Use insect repellent when spending time outdoors and check for ticks after hiking, gardening, or playing outside. Wear light colored clothing and long sleeves in wooded areas.



## Limit Alcohol

Alcohol can increase dehydration and heat related illness during hot weather. Alternate alcoholic beverages with water and avoid excessive consumption in the sun.



## Exercise at Your Own Pace

Stay active while listening to your body. Exercise during cooler parts of the day, take breaks when needed, and avoid overexertion during extreme heat.



## Be Smart in the Water

Always supervise children around water and follow pool and beach safety rules. Wear life jackets when appropriate and never swim alone.



# SPOTLIGHT

## OF THE MONTH



### Vernon Township Woman's Club Vial of Life

The Sussex County Division of Health is proud to spotlight the Vernon Township Women's Club for their efforts in promoting community safety.

The club is currently offering Vial of Life kits to residents, helping ensure more individuals and families are prepared for emergencies with this simple yet powerful resource.

The Vial of Life is an effective emergency tool that helps first responders quickly access important medical information when seconds matter. This can provide lifesaving information when a person is unable to communicate.



#### How it Works:

Each Vial of Life kit consists of:  
2 Decals and 1 Medical Information form

#### Fill it Out

Answer questions about your health and medications on the medical information form.

#### Place on Refrigerator

Securely tape the form to the front of your refrigerator. (Recommended to store inside plastic baggie.)

#### Stick on the Decals

Place one decal on your refrigerator and one decal on your front door at eye level.

**If you are interested:  
Scan the QR code and contact the  
Vernon Township Woman's Club**

