



Public Health
Prevent. Promote. Protect.

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Volume 2, Issue 11

NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!

CARBON MONOXIDE

know the facts:

WHAT IS IT?

A gas produced by the incomplete burning of carbon-based fuels such as gasoline, natural gas, and wood. Carbon monoxide is:

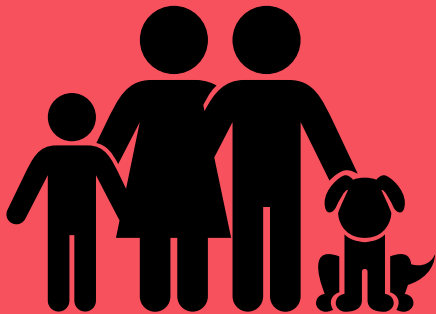
- ☐ Toxic
- ☐ Odorless
- ☐ Colorless
- ☐ Tasteless

WHERE IS IT IN YOUR HOME?



- ☐ Gas stoves, ovens, and dryers.
- ☐ Furnaces, boilers, and water heaters.
- ☐ Fireplaces and wood stoves.
- ☐ Attached garages.
- ☐ Portable generators or grills.

WHO IS AT RISK?



CARBON MONOXIDE POISONING CAN AFFECT ANYONE

POSSIBLE SYMPTOMS:

Headache



Dizziness



Confusion



Nausea



⚠️ IN CASE OF ⚠️ AN EMERGENCY

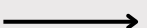
- ☐ Switch off any gas appliances.
- ☐ Open windows and improve ventilation.
- ☐ If you're feeling symptoms, move to fresh air and call 911.

TIPS



- ☐ Install a carbon monoxide detector in your home.
- ☐ Have your furnace and gas fireplaces inspected annually.
- ☐ Do not leave a car idling inside a garage.

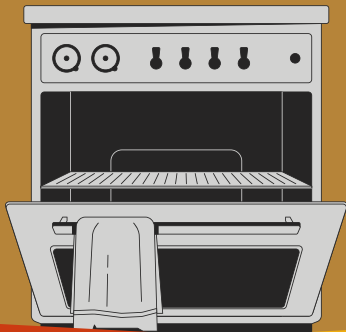
SCAN THE QR CODE FOR MORE INFORMATION





Feast Safely This Thanksgiving

Follow these food safety tips for a healthy holiday!



Make sure to cook turkey until the internal temperature reaches 165° F.



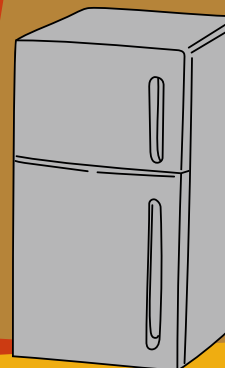
Wash your hands thoroughly after handling raw meat and poultry products and before touching prepared foods.



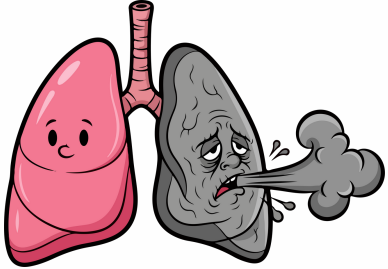
It can take up to 6 days to thaw a turkey, depending on its weight. Make sure to thaw completely before cooking.



Keep raw meats and poultry away from foods that won't be cooked by using different cutting boards, plates, and utensils.



Store leftovers in the refrigerator for up to 3-4 days or freeze to keep longer.



NOVEMBER IS: **LUNG CANCER AWARENESS MONTH**



PREVENTION TIPS

- Don't smoke. If you do, get support to quit.
- Avoid secondhand smoke whenever possible.
- Test your home for radon, especially in Sussex County where levels can be high.
- Sussex County falls in a high-risk radon zone according to the US Environmental Protection Agency.
- Eat a balanced diet rich in fruits and vegetables to support lung health.
- Stay active and maintain regular medical checkups.



FAST FACTS

- While smoking is the main cause, 1 in 5 people diagnosed never smoked.
- Quitting smoking at any age lowers your risk and improves overall lung health.
- Radon exposure is the second leading cause of lung cancer and the leading cause among nonsmokers.



EARLY DETECTION SAVES LIVES

Lung cancer screening can find cancer before symptoms begin, when it's most treatable.

You may qualify for a Low-Dose CT scan if you:

- Are 50–80 years old
- Currently smoke or quit within the past 15 years
- Have a 20 pack-year smoking history (having smoked one pack a day for 20 years history)

Ask your healthcare provider if screening is right for you!



SUPPORT AND RESOURCES

**NJ Quitline 1-866-NJ-STOPS
(1-866-657-8677)**

Smokefree.gov



**American Lung
Association**





NATIONAL DIABETES AWARENESS MONTH

There are three major types of diabetes:

Type 1:

An autoimmune disease where the body's immune system mistakenly attacks and destroys the cells in the pancreas that produce insulin.

Type 2:

Develops over time; a chronic condition where the body doesn't use insulin properly or doesn't produce enough insulin.

Gestational:

Occurs during pregnancy; the body does not produce enough insulin.

The ABC's of Diabetes

A - A1C

Checking your A1C allows you to see your blood glucose average for the past 2-3 months. Thus allows you to see trends in high or low blood glucose levels.

B - Blood Pressure

Higher blood pressure means the heart has to work that much harder to pump blood. Risk of developing diabetes raises with high blood pressure.

C - Cholesterol

Your cholesterol levels are affected by high blood pressure and high blood glucose. This increases your risk of developing diabetes.

How can you help prevent and manage prediabetes and diabetes?

- Eat a healthy diet with fewer processed and sugary foods.
- Get 30 minutes of exercise daily, 5 days a week.
- Monitor blood glucose levels regularly.
- Take any medication as prescribed.
- Get support from friends and family.



LISTERIA

Listeria monocytogenes

SYMPTOMS

MAY INCLUDE BUT ARE NOT LIMITED TO:

Fatigue, nausea, vomiting, fever, diarrhea, and muscle aches.



WHO IS AT RISK?

People with a compromised immune system, pregnant women, children, and the elderly.



TIME FROM
EXPOSURE TO
SYMPTOMS

3
to
70 days

SOURCES:

- Soil
- Water
- Food Processing Facilities
- Animal Waste
- Rotting Vegetation



RISKY

FOODS:

- Sprouts
- Raw Milk
- Deli Meats
- Soft Cheese
- Smoke Seafood
 - Sushi
 - Hot Dogs
 - Raw or Undercooked Poultry



INCIDENCE RATE:

In New Jersey, approximately 44 cases are reported every year.



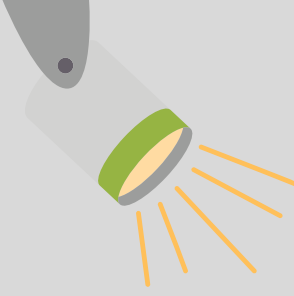
PREVENT LISTERIA:

- Keep refrigerator at 40°F or below, and freezer at 0°F to help prevent the growth of *Listeria*.
- Wipe up spills.
- Wash hands.
- Avoid cross-contamination when preparing foods.
- Pregnant women and the elderly should avoid risky foods.

HEAT IT TO BEAT IT!

Cooking food thoroughly to 165°F kills *Listeria* easily.





SPOTLIGHT

OF THE MONTH



NJLINCS Health Alert Network

The New Jersey Local Information Network and Communications System (NJLINCS) Health Alert Network

WHAT IS NJLINCS?

NJ LINCS is a statewide system that enables real-time information sharing between the NJ Department of Health, CDC, local health departments, healthcare providers, and emergency responders. The Sussex County LINCS Team operates 24/7 to deliver alerts on public health threats—such as food recalls, disease outbreaks, and other emergencies—ensuring coordinated communication and response across community partners.

1. Health Officer
2. LINCS Coordinator
3. Public Health Emergency Notification System Coordinator (PHENS)
4. Health Educator/Risk Communicator (HERC)
5. Public Health Nurse
6. Epidemiologist

LINCS TEAM



Scan for
additional information

