



Public Health
Prevent. Promote. Protect.

October, 2026
Volume 3, Issue 10

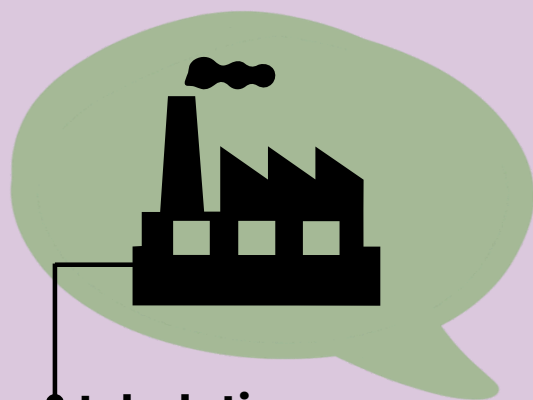
NEWSLETTER

Sussex County Division of Health



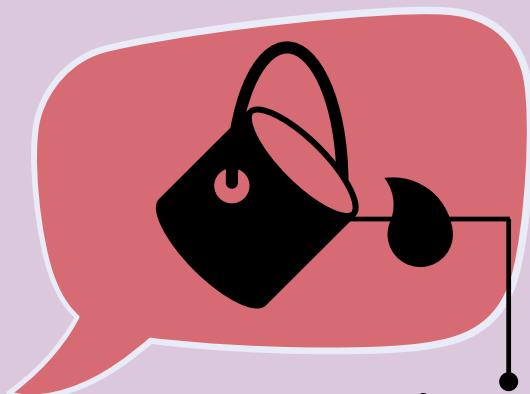
Welcome to
the health
hub!

Lead Poisoning Prevention Month



Inhalation

of particles released by
industry or recycling.



Ingestion

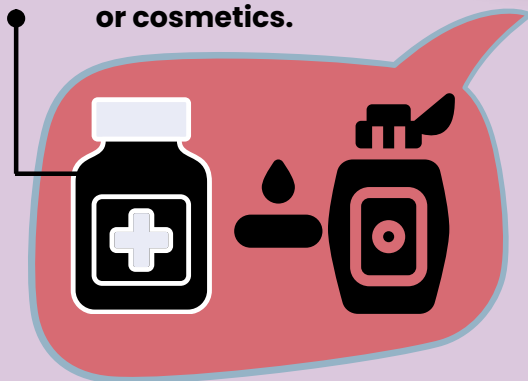
of contaminated soil or
dust from decaying lead
paint.



Lead
Exposure
Can Occur
Through....

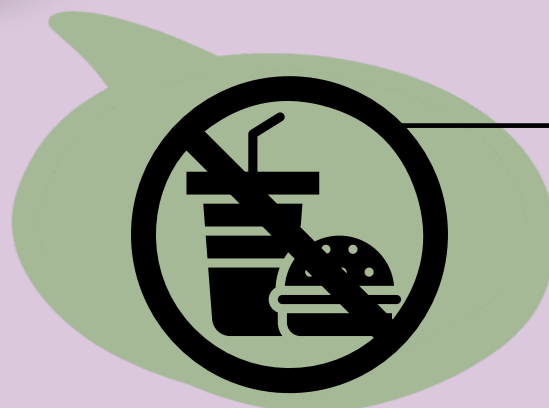
Lead-containing Products

such as lead glazed ceramics
and some traditional medicines
or cosmetics.

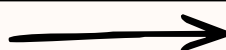


Food or Water

contaminated with lead.



Learn more about lead





Lead Poisoning Prevention Month



Lead exposure can happen without obvious symptoms. Young children are especially vulnerable to its effects on learning and development.

Testing

New Jersey recommends blood lead testing at ages 1 and 2. Talk to your healthcare provider about testing if your child may have been exposed.



Prevent Lead Exposure

- Keep children away from peeling or chipping paint.
- Wet-clean floors and windowsills to reduce lead dust.
- Wash hands and toys regularly.
- Use lead-safe practices when renovating older homes.
- Be aware of lead in water, soil, imported products, pottery, and some cosmetics or spices.



How the Division of Health Helps

The Office of Public Health Nursing conducts lead case investigations, education, and follow-up for elevated blood lead levels. The Office of Environmental Health investigates potential environmental sources and, when needed, tests for elevated lead levels to help identify hazards.



Concerned about lead exposure? Contact the Sussex County Division of Health to learn more about testing and available resources.

Office of Public Health Nursing: 973-579-0570

Office of Environmental Health: 973-579-0370





Sussex County Clean Communities Participates in The 9th Annual Delaware River Cleanup



On September 19, 2026, **Sussex County Clean Communities** participated in the **9th Annual Delaware River Cleanup**, a community-wide effort to protect and preserve the Delaware River. Four volunteers joined us at Caddo Access in Montague, located within the Delaware Water Gap National Recreation Area, to remove litter and debris along the river.

The cleanup spanned from the Delaware Water Gap National Recreation Area to the Trenton Battle Monument and Duck Island in the Abbott Marshlands, bringing volunteers together to care for the river and surrounding environment. Together, our efforts help protect wildlife, improve local waterways, and keep the Delaware River clean for future generations.





October is: **BREAST CANCER AWARENESS MONTH**



1 in 8 women in the U.S. will be diagnosed with breast cancer during her lifetime.



Approximately 382,640 women in the U.S. will be diagnosed with breast cancer this year.



More than 4 million breast cancer survivors currently live in the United States.

National Breast Cancer Foundation. (2026, June 30). Breast cancer facts. <https://www.nationalbreastcancer.org/breast-cancer-facts/>

Early Detection Matters

When found early and localized, breast cancer has a 5-year relative survival rate of over 99%.

Know what's normal for you and talk with your healthcare provider about recommended screenings.

Know Your Breasts

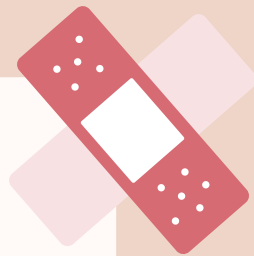
Watch for:

- Nipple discharge
- Skin changes
- New lumps
- Changes in size or shape

If you notice something unusual, contact your healthcare provider.



NJCEED provides breast cancer education and screening services to eligible uninsured and underinsured Sussex County residents. Early detection can save lives!
Learn more: Call 973-579-0570 ext. 1216.



WORLD STROKE DAY

OCTOBER 29

Know the Signs. Act FAST. Save a Life.

A stroke happens when blood flow to part of the brain is blocked or when a blood vessel in the brain bursts. Every second matters—quick treatment can reduce brain damage and disability.

BE FAST!

B
E
F
A
S
T

Balance: Sudden loss of balance or coordination

Eyes: Sudden vision changes

Face: Ask the person to smile. Is one side of the face drooping?

Arms: Ask them to raise both arms. Is one arm weak or drifting downward?

Speech: Is speech slurred, confused, or difficult to understand?

Time: Call 911 immediately! Note the time symptoms started.

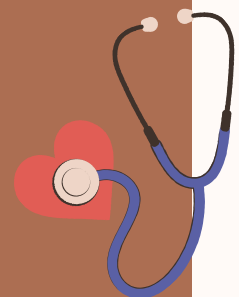


Don't Wait

Stroke symptoms can happen suddenly and may come and go. Even if symptoms improve or disappear, call 911.

Do not drive yourself or the person to the hospital.

Remember: BE FAST. Recognizing the signs and getting emergency help quickly can save a life.





Office of Public Health Nursing

FALL FLU VACCINATION CLINICS 2026

BY APPOINTMENT ONLY

Sussex County Library Sussex-Wantage Branch

Tuesday, October 13, 2026

11am-1pm

69 County Rd 639, Wantage, NJ 07461

Sandyston Municipal Building

Monday, October 19, 2026 11am-1pm

133 Route 645, Sandyston, NJ 07826

Fredon Civic Center

Tuesday, October 20, 2026

11am-1pm

436 NJ-94, Fredon Township, NJ 07860

Knoll Heights Senior Center

Thursday, October 29, 2026

11am-1pm

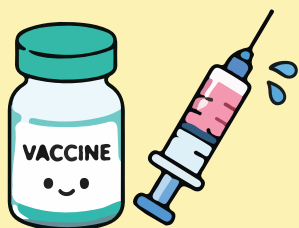
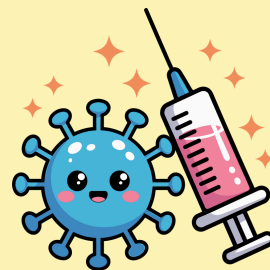
40 Trapasso Dr., Sparta Township, NJ 07871

Sussex County Library Dorothy Henry Branch

Friday, November 6, 2026

12pm-2pm

66 NJ-94, Vernon Township, NJ 07462



Flu Vaccine \$25.00 High-Dose \$70.00

Free with MEDICARE Part B and any BLUE CROSS BLUE SHIELD PLAN

Cash or Check Accepted. No Credit or Debit Cards

PLEASE CALL (973) 579-0570 ext. 1275 TO MAKE APPOINTMENT





Sussex County Transit Questionnaire

Sussex County is updating and reviewing its transit service plans with the intent to improve mobility for senior adults as well as those with low or fixed income, disabilities, and/or underserved by transit.

Do you live in Sussex County? If so, please consider responding to the following questions. We want to understand your transportation needs. It should only take about 5 minutes of your time. Your answers will help us develop strategies to improve transportation services in the county.

There are two ways you can provide feedback:

Complete the survey online:

Scan the QR code or visit
<http://sprw.io/stt-4ZBXQ>



Drop off your completed survey at:

Sussex County Department of Health and Human Services
One Spring Street, Newton, NJ 07860

The survey will close on November 15, 2026. For questions related to the survey, contact:

Christine Florio
Administrator, Health and Human Services
One Spring Street, Newton, NJ 07860
(973) 579-0559 ext. 1228
cflorio@sussex.nj.us

Thank you for your participation.

1. What is your home ZIP Code? _____

2. Do you have a driver's license?

☐ Yes ☐ No

3. Do you have access to a motor vehicle?

☐ Yes ☐ No

4. Do you have licensed drivers in your household that typically provide rides for you?

☐ Yes ☐ No

5. How do you typically travel in the county? (check all that apply)

- ☐ (Sussex County) Skylands Ride
- ☐ NJ TRANSIT
- ☐ Personal vehicle, motorcycle/moped
- ☐ Walk, bicycle, scooter (including electric vehicles)
- ☐ Van or bus provided by service agency (specify) _____
- ☐ Rides from friends/ relatives
- ☐ Taxi, Uber, Lyft, or other for-hire vehicle
- ☐ Borrow vehicles from friends/relatives
- ☐ Other (specify) _____

6. In the last five years, has anyone in your household lost a job or had problems finding work due to a lack of transportation?

☐ Yes ☐ No

7. How often do you use public transportation?

- ☐ Never ☐ 3 -5 days per week
- ☐ Occasionally ☐ 6-7 days per week
- ☐ 1-2 days per week

8. What days of the week do you most need transportation assistance?

- ☐ Weekdays
- ☐ Weekends
- ☐ Both weekdays and weekends ☐ I don't need assistance

9. What destinations do you want to get to?

- ☐ Work/job training
- ☐ School/college
- ☐ Medical appointments
- ☐ Shopping/grocery stores
- ☐ Food banks
- ☐ Other _____
- ☐ Social services (senior centers, nutrition sites, etc.)
- ☐ Recreation (community events, parks, visiting family/ friends, dining)

10. What times of day do you most typically need transportation assistance?

- ☐ Before 8:00 AM ☐ 2:00 – 4:00 PM
- ☐ 8:00 – 10:00 AM ☐ 4:00 – 6:00 PM
- ☐ 10:00 AM – 12:00 PM ☐ After 6:00 PM
- ☐ 12:00 – 2:00 PM

