



Public Health
Prevent. Promote. Protect.

September, 2026
Volume 3, Issue 9

NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!

FOOD SAFETY MONTH

4 STEPS TO SAFER FOOD



Whether you're cooking at home, packing lunches, or preparing food for a gathering, remember these four simple steps:

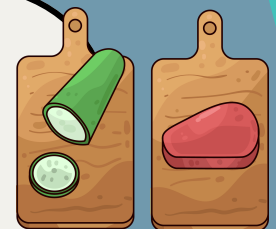
CLEAN

Wash your hands with soap and water for at least 20 seconds before, during, and after preparing food. Clean countertops, cutting boards, and utensils regularly.



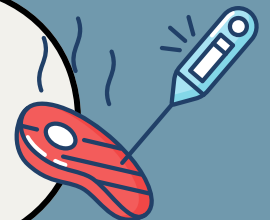
SEPARATE

Keep raw meat, poultry, seafood, and eggs away from ready-to-eat foods. Use separate cutting boards when possible.



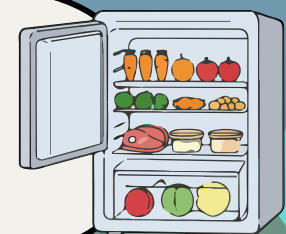
COOK

Use a food thermometer to make sure foods reach a safe internal temperature. Don't rely on color alone to determine if food is fully cooked.



COOL

Keep your refrigerator at 41°F or below and refrigerate perishable foods promptly. When in doubt, throw it out!





NJ Law



Skip The Stuff!



LITTER FREE NJ

What is it?

New Jersey's "Skip the Stuff" law means you will no longer automatically get plastic forks, spoons, napkins, straws, or condiment packets with your takeout/delivery orders.

Disposable Items Are Still Available

The new law does not prohibit plastic utensils, straws, or condiment packets.

Instead, these items are provided only when requested by the customer.

Dining Inside?

Restaurants with seating for 10 or more guests are required to provide reusable dining utensils for customers eating on-site whenever applicable.

Effective
August 1,
2026

Who Does This Apply To?

The law covers most restaurant orders, including:

- Dine-in
- Takeout
- Delivery
- Drive-thru
- Phone orders
- Online and mobile app orders

Why the Change?

Providing disposable items only when needed helps reduce plastic waste and keep New Jersey communities cleaner.

Need Utensils?

No problem!

Simply let the restaurant know you'd like:

- Plastic utensils • Drinking straws • Condiment packets

They'll gladly include them with your order.

Who is Exempt?

Exemptions include:

- K-12 schools
- Licensed healthcare facilities
- Correctional facilities
- Food court restaurants



Remember Before You Order



Need plastic utensils, straws, or condiment packets?

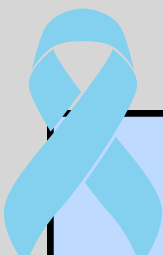
Just ask when placing your order.





SEPTEMBER IS: PROSTATE & OVARIAN CANCER AWARENESS MONTH

Know the signs. Know your risk. Take action.



PROSTATE CANCER

Watch for:

- Trouble urinating
- Frequent urination
- Weak urine flow
- Blood in urine or semen
- Pelvic, back, or hip pain

*Talk with your healthcare provider about your risk and screening options.



OVARIAN CANCER

Watch for:

- Bloating
- Pelvic or abdominal pain
- Feeling full quickly
- Changes in bowel or bladder
- Unusual fatigue or back pain

*If symptoms are new or persistent, talk with your healthcare provider.

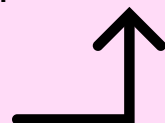
PROSTATE
CANCER
AWARENESS

SUSSEX COUNTY NJCEED

Need help with cancer screening?

The Sussex County NJCEED Program helps eligible residents access **breast, cervical, and prostate** cancer education, screening, and follow-up services. Contact the Sussex County Division of Health to learn more about eligibility and available services.

Early detection can save lives.





SUSSEX COUNTY DIVISION OF HEALTH 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

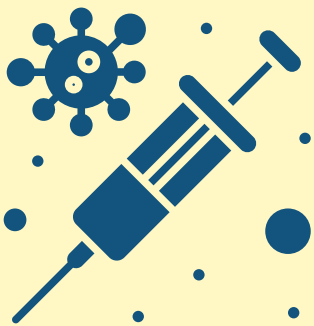
40 Trapasso Dr., Sparta Township, NJ 07871

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



SEPTEMBER IS: NATIONAL PREPAREDNESS MONTH

STAND READY. PROTECT WHAT MATTERS. STRENGTHEN OUR COMMUNITY.

September is National Preparedness Month, encouraging individuals, families, and communities to take simple steps to prepare for emergencies.

Americans Stand Ready

Stand Ready to Support Our First Responders

Being prepared and self-reliant helps reduce the burden on first responders, allowing them to focus on those who need immediate assistance during an emergency.

Stand Ready to Protect Family and Friends

You know your loved ones best. Make a plan that considers everyone's needs, including children, older adults, pets, medications, and important medical information.

Stand Ready to Help Your Community

Sharing resources, checking on neighbors, and taking proactive steps can strengthen our community's ability to respond & recover.

Three Simple Steps to Get Prepared

1

Be Informed

Know where to get reliable emergency information and alerts.



PLAN

2

Make a Plan

Create an emergency plan with contact information, meeting locations, medical needs, and plans for your household members and pets.

3

Build a Kit

Gather essential supplies such as water, nonperishable food, medications, flashlights, batteries, first-aid supplies, and important documents.



Preparedness Starts With You!
Scan the QR code for more tips on how to stay ready!

SPOTLIGHT

OF THE MONTH



Public Health at the Fair!

The Division of Health had a busy week at the Sussex County Fair!

The Division of Health had a fun and successful week at the Sussex County Fair! Our Registered Environmental Health Specialists inspected food vendors throughout the fair, while the team shared valuable health information, resources, and services with the community. It was a great week of connecting with residents and promoting public health! Children's Day provided a wonderful opportunity to promote the Special Child Health, Lead, Clean Communities, and NJCEED programs through fun and educational outreach. The Division also participated in Senior's Day, while the Medical Reserve Corps connected with community members interested in becoming volunteers.



SUSSEX COUNTY SKYLANDS RIDE

ANNUAL TRANSPORTATION PUBLIC HEARING

THURSDAY, SEPTEMBER 17, 2026, AT 12:00P.M.

The Sussex County Community Transit Citizens Advisory Committee would like to personally invite all of our riders and community members to attend our Annual Public Hearing to offer feedback on the services provided by Sussex County Skylands Ride.

ZOOM MEETING LINK:

<https://zoom.us/j/99133782498?pwd=XnMlpFnY074e2PDpE88gDw4DX4Rrht.1>

Meeting ID: 991 3378 2498

Passcode: 73kBRD

Dial by your location

+1 305 224 1968 (US)

+1 929 205 6099 (New York)

+1 301 715 8592 (Washington DC)

Find your local number: <https://zoom.us/u/aNqIwkEf>

Those unable to attend can still contribute their feedback by sending a statement via email to Christine Florio (cflorio@sussex.nj.us) or by mail to her attention at One Spring Street, 2nd Floor, Newton, NJ 07860. All comments must be received on or before September 17, 2026 at 12:00 p.m.

For questions or information contact Health and Human Services Department Administrator, Christine Florio at cflorio@sussex.nj.us.



****A meeting will immediately follow the Public Hearing****