



Public Health  
Prevent. Promote. Protect.

May, 2024 Issue 7

# NEWSLETTER

## Sussex County Division of Health



Welcome to  
the health  
hub!



### Harmful Algal Blooms (HABs)



For more  
information



What are  
they?

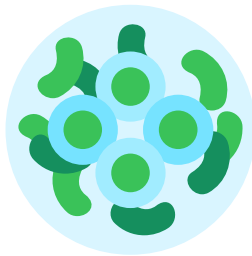
Freshwater harmful algal  
blooms in rivers, streams, or lakes  
are caused by **CYANOBACTERIA**.

Cyanobacteria, also  
sometimes known as  
blue-green algae, are  
not true algae.

Dense blooms are formed  
under suitable environmental  
conditions:

- Elevated temperatures
- High levels of nutrients
- Calm water

Toxins that are produced may be  
dangerous and cause illness to  
humans, pets, livestock, and wildlife  
through contact or ingestion.



What do they  
look like?

Blooms not producing  
toxins can cause allergic  
reactions or skin irritation.



May look like this:

- Blue or green spilled paint
- Pea soup
- Parallel streaks



Look for **ALERTS** that may be  
posted at a waterbody

### AVOID IT & REPORT IT!

Report a suspected  
HAB



Mobile  
interactive map:



**WATCH**

HEALTH EFFECTS RISK  
**HARMFUL ALGAL BLOOM (HAB)**  
FLORACIONES DE ALGAS NOCIVAS

Always keep children and pets away from areas with blooms or scums.

OK  
Use Caution  
Advise Against



## What is Dirty Dirt?

*Contaminated soil or fill material that is imported and placed on sites, including residential and developed, and is considered illegal dumping.*

## Guard your backyard

### **BE CAUTIOUS:**

- Sometimes soil or fill material is sold or offered *free of charge* - advertised as “*free clean fill.*” Most of the time, this is false advertising.
- Homeowners and contractors must be aware that some “fill” materials can cause environmental and health concerns.
- “Dirty dirt” can leach chemicals into clean soil and groundwater and carry toxic chemicals.

### **Here are tips for using appropriate fill materials on your property:**

- **Ask for documentation about the source of the fill.**
- **Do not accept fill without any documentation.**
- **Take a look and smell the fill.**
- **Look for debris, concrete/cement, nails, and other construction materials, wood, paint chips, and plastic bits.**
- **Smell for petroleum/oil-like odors or garbage-like odors.**





# How to stop illegal dumping?

The NJ Department of Environmental Protection (NJDEP) provides specifics on how municipalities can coordinate with the department and other agencies and promote best practices.

### What Residents can do:

Do you notice a pile of dirt and debris on a property near your home or another spot in your town?

#### *Here's who to contact:*

- Municipal zoning or construction offices.
- County Health Department – (973) 579-0370.
- NJDEP hotline at- 1-877-927-6337.

### What Municipalities can do:

- Enact a municipal ordinance to regulate soil and fill.
- Monitor dump truck activity and traffic.
- Request documentation that the business complies with New Jersey's Law regulating soil and fill recycling services.
- Educate municipal business concerns – including developers, contractors, haulers, and landscapers.

### *If soil/fill material is identified as solid waste due to contamination above NJDEP standards:*

- Contact the NJDEP for investigation and enforcement according to Solid Waste Rules (N.J.A.C. 7:26-1 et seq.).
- The site may face penalties under municipal ordinances and state laws.

**Any fill material determined to contain Resource Conservation and Recovery Act hazardous waste must be reported to – and falls under – the NJDEP's authority for control and enforcement.**

**For incidents, to report dumping or immediate environmental concerns call:**

**1-877-WARN-DEP (1-877-927-6337)**

For more information





# MAY



## Is Mental Health Awareness

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence, through adulthood.

### Most Common Mental Health Conditions

- Anxiety Disorders
- Panic Disorders
- Bipolar
- Depression
- PTSD
- Schizophrenia

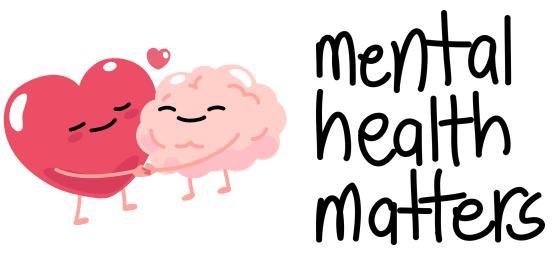


Scan for more information



Good mental health helps us live, socialize, and manage stress better. It also allows us to be more resilient and better equipped to deal with difficult times in life.

Mental health is important because it affects how we feel, relate to others, and think about our lives. It can affect whether or not we can enjoy life, have satisfying relationships, and perform daily tasks while reducing stress.



# BE TICK SMART



## Where Do Ticks Live?

They live in shady and moist areas usually on the ground level. They cling to tall grass and low shrubs.

## Checking For Ticks

Under the arms, around the ears, inside the belly button, back of the knees, around hair, between the legs, and around the waist.



## Removing a Tick

Use clean tweezers to grasp the tick. Pull upward with steady pressure. After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.



## Symptoms of Tickborne Illness

Fever, headache, fatigue, and skin rash (erythema migrans).

## Ticks on Pets

Dogs are very susceptible to tick bites and tickborne diseases. Vaccines are not available. Use a tick preventive product on your dog.



# SPOTLIGHT

## OF THE MONTH

For more information



# Sussex County Clean Communities



New Jersey Clean Communities is a litter-abatement program established in 1986 to reduce litter through cleanup, education, and enforcement. It is funded by taxing businesses that produce litter-generating products.

## The Litter Problem

Litter, found in places like highways and parks, includes items like paper and plastics. Sources include pedestrians and overflowing garbage. Littering impacts public image and health. Solutions include community efforts and education to reduce littering.



**Help us keep Sussex County clean!** Whether you're a resident, business, civic association, school, or non-profit organization, various volunteer opportunities are available.



Join the community cleanup event to clean streets and public areas. Contact the Clean Communities Coordinator for details at **973-579-0370**.

