



Public Health  
Prevent. Promote. Protect.

December, 2023 Issue 2



# NEWSLETTER

## Sussex County Division of Health



Welcome to  
the health  
hub!

### 'Tis The Season to be SAFE



Check all light cords to make sure they aren't frayed or broken. Don't string too many together—no more than three per extension cord.

Decorations like trees, lights, and candles increase the risk of home fires during the holidays.

Ensure decorations are for outdoor use and properly secure lights to your home or trees.



#### Artificial tree

- Look for the fire-resistant label
- Keep it away from fireplaces, radiators, and other sources of heat.



Be extra careful using ladder, Make sure to have good, stable placement and wear shoes that allow for good traction.



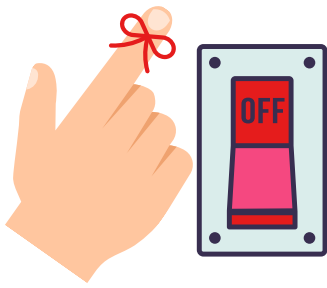
#### Live tree

- Ensure it's fresh and water it to keep it fresh.
- Choose a spot away from heat sources.
- Check water level daily.



### Fa La La La





Turn off all holiday lights when going to bed or leaving the house

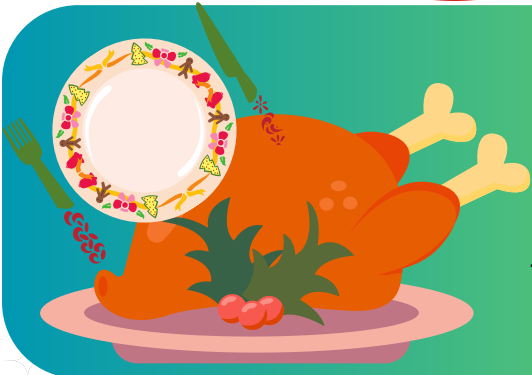


Keep poisonous plants out of reach of children and pets.

Keep children, pets and decorations away from candles



If hanging stockings on the fireplace mantel, don't light the fireplace



When preparing food, wash hands, utensils, sink and anything else that touches raw meat or eggs.



Fa La La La



For more information



Wishing you a Joyous and Safe Holiday Season!!

# STAY WARM STAY INFORMED

Be prepared to stay safe and healthy during winter.

Winter storms can bring cold temperatures, power failures, loss of communication services, and icy roads. Prepare your home and your car before a winter storm hits.

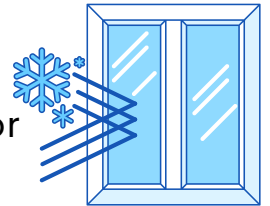
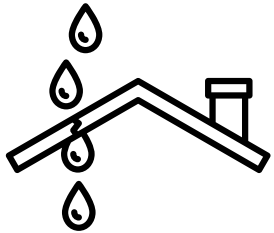
## MAKE A PLAN

Be prepared before a winter storm hits by planning ahead. Create a communication and disaster plan.



## Prepare Your Home

- Weatherproof your home
- Insulate any water lines that run along exterior walls
- Caulk and weather-strip doors and windows
- Insulate walls and attic
- Install storm or thermal-panel windows or cover windows with plastic from the inside
- Repair roof leaks and cut away tree branches that could fall on your home or other structures during a storm
- Have your chimney or flue inspected each year
- Install smoke detectors and battery-operated carbon monoxide detectors
- Each winter season, have your furnace system and vent checked by a qualified technician to ensure they are functioning properly
- For older adults, keep an easy-to-read thermometer inside your home



For more information



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# Create an emergency car kit

**IS YOUR VEHICLE WINTER-READY?**



It is best to avoid traveling in inclement weather, but if travel is necessary, keep the following in your car:



Flashlight



Extra batteries



Items to stay warm such as extra hats, coats, mittens, and blankets



Cellphone



Portable charger



Windshield scraper



Shovel



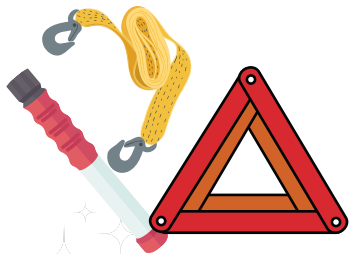
First aid kit, pocket knife



Water and snack food



Jumper cables



Signs, emergency flares, tow rope



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# HEALTH TIPS FOR THE HOLIDAYS

## Keep Moving



❄️ Go for a walk after a holiday meal! Aim to walk within 60 to 90 minutes after you finish a meal; this is when blood sugar levels tend to peak.

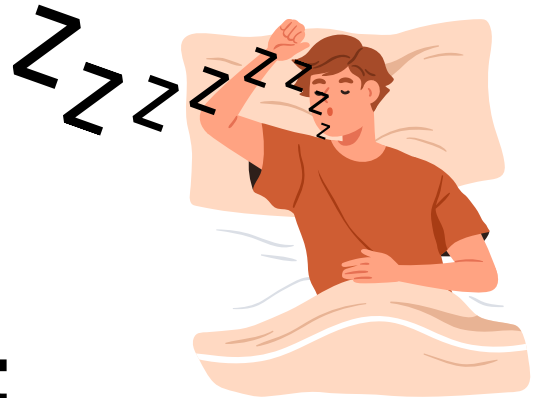
❄️ When walking, muscles ask for energy from the food you just ate and help escort the sugar out of your bloodstream.



## Getting Your ZZZs

❄️ Aim for 7-8 hours of sleep a night.

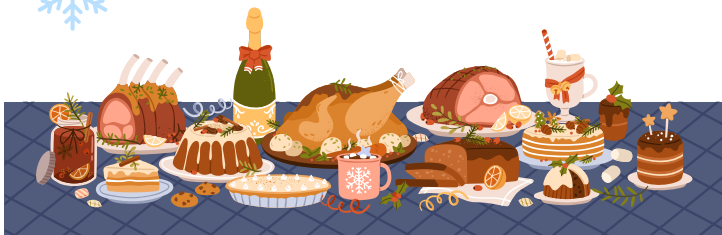
❄️ Getting a good night's rest promotes a healthy balance of hormones, including those that regulate appetite, digestion, and metabolism.



## Outsmart the Buffet

❄️ Use a smaller plate! The same amount of food looks bigger on a smaller plate.

❄️ Eat slowly. It takes at least 20 minutes for your brain to realize you're full.



For more  
information



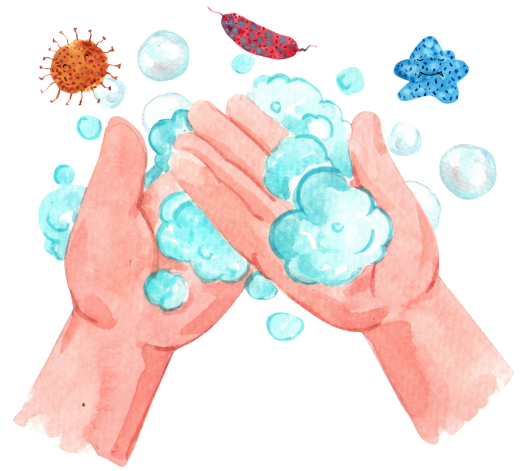
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# STAY WELL FOR THE HOLIDAYS

# December

## IS NATIONAL HANDWASHING MONTH



Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

### Key Times to Wash Hands

After touching an animal, animal feed, or animal waste



After touching garbage



Before and after eating food



After using the toilet



After blowing your nose, coughing, or sneezing



Before and after treating a cut or wound



### Five Steps to Wash Your Hands the Right Way

1. Wet your hands with clean, running water (not too hot), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

# Wash YOUR hands

For more information



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