



Public Health
Prevent. Promote. Protect.

August, 2024 Issue 10

NEWSLETTER

Sussex County Division of Health



*Welcome to
the health
hub!*

WHAT'S YOUR AIR QUALITY TODAY?

The United States Environmental Protection Agency (USEPA) developed the Air Quality Index (AQI) to report daily air quality to the public. The AQI tells you how clean your local air is and what associated health effects might be a concern in your area.

An AQI has been developed for five major pollutants regulated by the Clean Air Act:

Ozone



Particle Pollution



Carbon Monoxide



Nitrogen Dioxide



Sulfur Dioxide



- **Air Quality Forecasts** are predictions of the day's AQI.
- Forecasts for the next day are usually issued in the afternoon.
- State and local air quality forecasters across the country issue the forecasts.
- Most states, including New Jersey, and local air quality forecasters issue forecasts for ozone and particle pollution, two of the most widespread pollutants in the U.S.

AIR QUALITY INDEX (AQI) BASICS

The AQI is a scale from 0 to 500 where higher values indicate more air pollution and health risks. Good air quality is below 50, while over 300 is hazardous.

AQI Basics for Ozone and Particle Pollution

Daily AQI Color	Levels of Concern	Values of Index	Description of Air Quality
Green	Good	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Yellow	Moderate	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Orange	Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Red	Unhealthy	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Purple	Very Unhealthy	201 to 300	Health alert: The risk of health effects is increased for everyone.
Maroon	Hazardous	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.

Visit airnow.gov to learn more about the air quality where you live:



What You Should Know About Rabies

- Rabies is a deadly disease caused by a virus.
- The virus infects the central nervous system, including the brain.
- Rabies can spread from an infected animal to people and other animals.
- All mammals can be infected with rabies. This includes humans and domestic pets, like cats and dogs.
- People usually get rabies from the bite of a rabid animal through direct contact with saliva or brain/nervous tissue from an infected animal.
- Contact with blood, urine, or feces of a rabid animal is NOT considered exposure to the rabies virus.



Rabies Exposure

Rabies post-exposure prophylaxis (PEP) is a series of vaccinations administered after a rabies exposure. PEP should be provided as soon as possible after exposure to an animal that is known to be rabid or is a high suspect for rabies.

If you are bitten by a wild animal

- Clean the wound immediately with soap and water.
- Seek medical attention from a healthcare provider.
- Contact an animal control officer or local health department for guidance and assistance.



If you are bitten by a dog, cat, or other domestic animal

- Clean the wound immediately with soap and water. Seek medical attention from a healthcare provider if necessary.
- Get contact information from the owner of the pet.
- Contact an animal control officer or local health department for guidance.

Protect your Pets

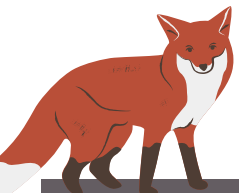
- Ensure the pet's rabies vaccination is current.
- Keep pets away from wild animals.
- Report stray animals to animal control.
- Spay/neuter pets to reduce strays.



If you are bitten or scratched by an animal, clean the wound, seek medical help, and **report the bite to the Division of Health at (973) 579-0370.**

If your pet is bitten by wildlife or a potentially rabid animal, contact your veterinarian promptly for medical care and report the incident to the Division of Health.

For More Information





AUGUST



National Immunization Month

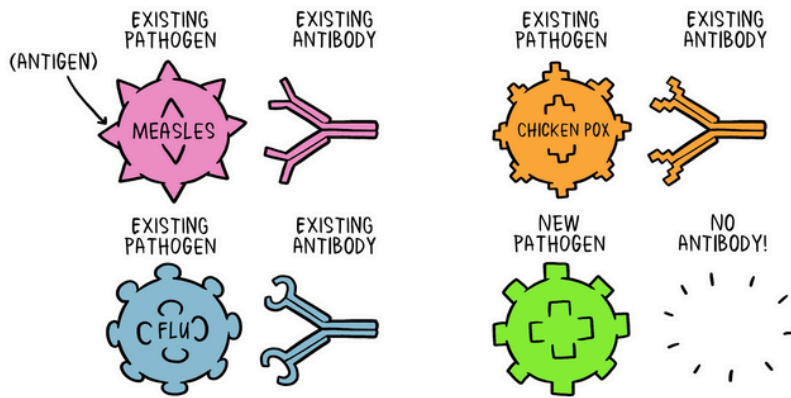
Immunizations play an important role in keeping your family and your community healthy. Vaccinations are important because they not only protect the person who is receiving the vaccine, but they also help to keep diseases from spreading to others. Immunization helps protect those who are the most vulnerable to illness, such as infants, elders, and those with weakened immune systems.

Children Immunizations

- Diphtheria
- Tetanus
- Haemophilus Influenzae
- Measles Mumps Rubella (MMR)
- Polio (IPV)

Adult Immunizations

- Varicella
- COVID-19
- Influenza
- Hepatitis B
- HPV
- MMR
- Tdap



When a new pathogen or disease enters our body, it introduces a new antigen. For every new antigen, our body needs to build a specific antibody that can grab onto the antigen and defeat the pathogen.



PERTUSSIS

Also known as whooping cough is a highly contagious respiratory tract infection that is easily preventable by vaccine.

HOW DO YOU GET IT?

The bacteria that cause whooping cough spread easily from person to person through the air. When a person who has whooping cough sneezes or coughs, they can release small particles with the bacteria in them. Other people then breathe in the bacteria.

SYMPTOMS

- Runny nose
- Low grade fever
- Rapid, violent coughing fits
- Struggling to breathe
- Vomiting during/after coughing fits



INCUBATION PERIOD:

7-10 days with a range of 4-21 days

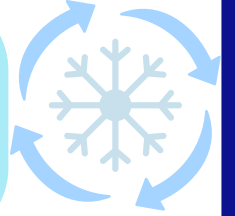
DURATION OF ILLNESS:

1-6 weeks or more



SPOTLIGHT

OF THE MONTH



Sussex County Cooling Stations

Sussex County libraries and the Sparta Police Department serve as cooling centers and charging stations, offering assistance to residents.

Sparta Police Department
65 Main Street, Sparta, NJ 07871

Daily

12:00 am - 12:00 pm
(24/7 all hours)

Main Library
125 Morris Turnpike, Newton, NJ 07860

Monday to Thursday

8:30 am - 8:30 pm

Friday

8:30 am - 5:00 pm

Saturday

9:00 am - 5:00 pm

Dennis Branch
101 Main St, Newton, NJ 07860

Monday and Wednesday

9:00 am - 8:00 pm

Tuesday, Thursday, Friday

9:00 am - 5:00 pm

Saturday

9:00 am - 5:00 pm

Dorothy Henry Branch
66 Route 94, Vernon, NJ 07462

Monday, Wed, Friday

9:00 am - 5:00 pm

Tuesday and Thursday

9:00 am - 8:00 pm

Saturday

9:00 am - 5:00 pm

Franklin Branch
103 Main St, Franklin, NJ 07416

Monday, Wed, Friday

9:00 am - 5:00 pm

Tuesday and Thursday

9:00 am - 8:00 pm

Saturday

9:00 am - 5:00 pm

Louise Childs Branch

21 Stanhope Sparta Rd, Stanhope, NJ 07874

Monday, Wed, Friday

9:00 am - 5:00 pm

Tuesday and Thursday

9:00 am - 8:00 pm

Saturday

9:00 am - 5:00 pm

Sussex-Wantage Branch
69 Route 639, Wantage, NJ 07461

Monday and Wednesday

9:00 am - 8:00 pm

Tuesday, Thursday, Friday

9:00 am - 5:00 pm

Saturday

9:00 am - 5:00 pm