



Public Health
Prevent. Promote. Protect.

June, 2024 Issue 8

NEWSLETTER

Sussex County Division of Health



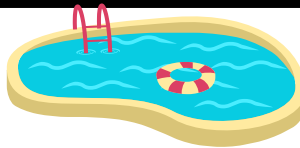
Welcome to
the health
hub!

Don't let your summer be a bummer!

Make a Healthy Splash

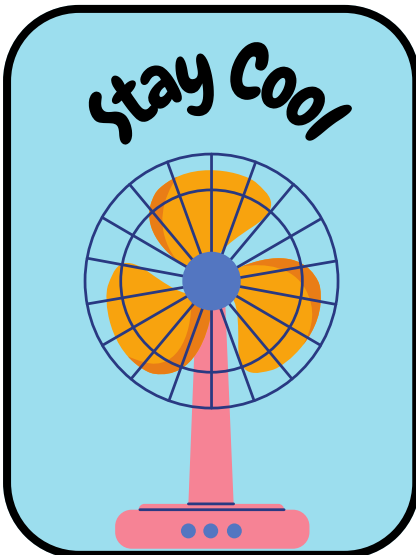
Keep you
and your
family safe
this Summer

BEACH



- Avoid water if sick with diarrhea.
- Shower before swimming.
- Take kids to the bathroom regularly and check diapers.
- Verify status online, especially after heavy rain.
- Wash your hands before eating, especially if you have been playing in or touching the sand.
- Swim when and where lifeguards are on duty, never swim alone.

- Do not swallow the water.
- Do not poop or pee in the water.
- Stay out of the water if it looks cloudier than usual, discolored, or smells bad.
- Stay out of the water if you have an open cut or wound. If you go in the water while a cut or wound is still healing, use waterproof bandages to cover it completely. Germs in the water can cause infections.



Avoid Food Poisoning during Summer

Foodborne illnesses rise in summer due to faster bacteria growth in warm temperatures and outdoor cooking away from refrigerators, thermometers, and sinks.

To prevent foodborne illness:

- Avoid leaving perishable food in the sun.
- Keep raw meat, poultry, and seafood separate to avoid cross-contamination.
- Refrigerate perishable items until cooking.
- During transportation, store at **41°F** or below in an insulated cooler.
- Cook food to the correct temperature.

When cooking with a grill, exercise caution. U.S. Fire Departments responded to an average of 11,421 home fires yearly involving grills, hibachis, or barbecues between 2017 and 2021.



Wear Sunscreen

Use shade, wide-brimmed hats



Reapply sunscreen after 2 hours and after swimming, sweating, or toweling off.

Don't Be A Mosquito Snack!



Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks.

Ditch the Itch

Signs of a poison ivy rash red, itchy, swollen skin that develops blisters.



To relieve itching, apply cool compresses to the affected skin or bathe in a cool bath.

The Cottage Food Operator (HOME-BAKERS)

TCS foods

Time/Temperature Control for Safety (TCS) foods must be refrigerated to protect people from getting sick after eating them.



A **Cottage Food Operator Permit** allows a person to sell **non-TCS (Time/Temperature Control for Safety)** foods that they make in their private home kitchen without a health inspection.

non-TCS foods:

Non-TCS foods do not need to be refrigerated. Some examples of non-TCS foods are:

- Bread, cupcakes, rolls, biscuits, pastries, cookies, cakes.
- Fudge
- Fruit jam
- Chocolate-covered nuts
- Dried Fruit
- Fruit pies, fruit empanadas (excluding pumpkin)
- Granola, cereal, trail mix
- Popcorn and caramel popcorn
- Roasted coffee and dried tea

IMPORTANT!



- Sales of food shipped through internet sales are prohibited for cottage food license operators. **The sale MUST be DIRECT to consumers.**
- Cottage food operators are not allowed to sell in retail food establishments.
- **“Buyer Beware”** – consumers interested in purchasing food items through social media should verify that they either have a cottage food permit or have a retail food license and are working out of a **licensed and inspected kitchen.** Ask to see credentials before purchasing food items.

FAQ?

NJ Department of Health (NJDOH) maintains an active list of permitted cottage food operators that can be reviewed on its website, <https://www.nj.gov/health/ceohs/phfpp/retailfood/cottagefood.shtml>, or by scanning the QR code.



Application for
Cottage Food
Operator Permit



JUNE

Is Alzheimer's Awareness Month

Alzheimer's is a progressive disease that destroys memory and other important mental functions.

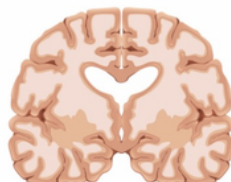
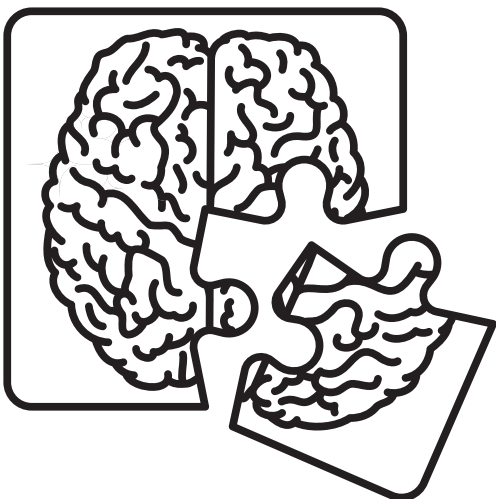
Symptoms

- Memory loss
- Poor judgment
- Losing track of dates
- Repeating questions

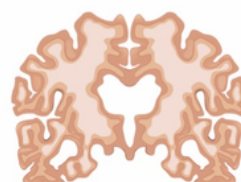
Risk Factors

- Age
- Family history
- Genetics (heredity)

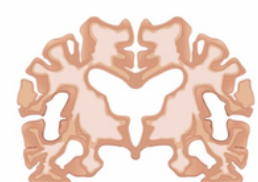
Progression of Alzheimer's Disease



Healthy Brain



Mild Alzheimer's Disease



Severe Alzheimer's Disease

Treatment

No cure exists, but medication strategies may temporarily improve symptoms.



GIARDIASIS

Giardia infection is caused by a microscopic parasite that is found worldwide, especially in areas with poor sanitation and unsafe water.

How do you get it?

Giardia is found on surfaces or in soil, food, or water that has been contaminated with feces (poop) from infected people or animals. Giardia spreads easily and can spread from person to person.

Symptoms

- Watery Diarrhea
- Fatigue
- Gas
- Nausea
- Weight Loss
- Stomach Cramps

Incubation

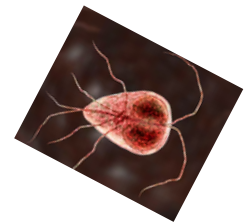
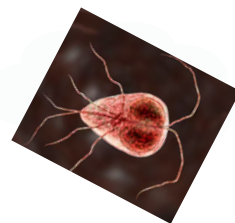
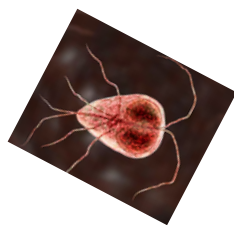
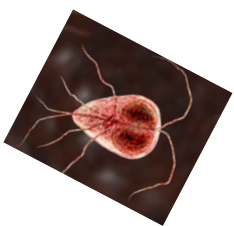
1-14 days after consumption of bacteria

Duration of Illness

2-6 weeks, but in some people they last longer or recur

Prevention

- Wash your hands
- Wash produce
- Purify wilderness water
- Keep your mouth closed when swimming in pools, lakes, or streams



SPOTLIGHT

OF THE MONTH



To ensure a safe and healthy summer, the Office of Environmental Health conducts inspections at the following facilities:

Public Recreational

Bathing:

Sussex County has almost 200 recreational bathing facilities, including beaches, pools, wading pools, hot tubs, splash pads, and water parks.

We ensure waterfront safety is adequate, first aid equipment is present, and safe swimming water quality.



Youth Camps:

Ensuring safety and health for youth campers by enforcing standards for administration, sanitation, health, safety, and operations.

