



Sussex County Division of Health

Lead

"Despite progress, lead poisoning remains one of the top childhood environmental health problems today."

Did you know?

- Many homes built before 1978 have lead-based paint.
- 24 million homes in the United States have peeling or chipping lead-based paint or high levels of lead in dust.
- There is no known safe level of lead exposure for children.

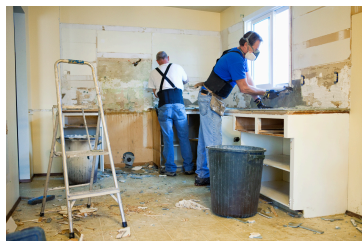
What is it?

Lead is a toxic metal used in various products and materials. When absorbed into the body, it can damage the central nervous system and vital organs.



Lead can be found in various sources:

- **Soil:** Prevent contamination by planting grass or bushes near painted surfaces. Provide a clean sandbox for children and wash their hands after outdoor play. Clean shoes before entering the home to avoid tracking in the lead.
- **Renovations:** Test paint for lead if your home was built before 1978. Take precautions for safe lead removal during renovations.
- **Water:** If lead levels in tap water exceed standards, let water run for a few minutes before use, and drink only fully-flushed cold water.
- **Food:** Avoid storing food in open cans or decorative pottery; do not use leaded crystal containers for food or beverages.
- **Work/Hobbies:** Handle lead-contaminated clothing safely, wash separately, and keep work areas away from children. Use proper respiratory protection when working with lead.



What can you do?

If your home was built before 1978:

- Use a damp mop weekly to control dust.
- Vacuum carpets and upholstery to remove dust with a HEPA filter.
- Take off your shoes when entering the house.
- Pick up loose paint chips carefully; wipe the surface with a wet paper towel.
- Avoid creating lead dust when remodeling, renovating, or maintaining your home.



Dust created by opening and closing windows is a common lead hazard.



In homes built before 1978, treat peeling paint as a lead hazard.

For more information



CHILDHOOD LEAD



POISONING



Lead is a naturally occurring toxic metal found in the Earth's crust. Its widespread use has resulted in extensive environmental contamination, human exposure and significant public health problems in many parts of the world.

SYMPTOMS

- Damage to the brain and nervous system
- Slowed growth and development
- Learning and behavior problems
- Hearing and speech problems

SOURCES

- Lead based paint
- Leaded water pipes
- Some spices & herbal remedies
- Imported goods: some toys, cosmetics, candy
- Ceramic ware/pottery

GET YOUR CHILD TESTED AT AGES 1 AND 2



SCAN THE BARCODE TO FIND WHERE TO GET YOUR CHILD TESTED

PREVENTION

- Wash hands
- Wash toys
- Eat a healthy diet, especially foods with calcium, iron, and vitamin C
- Maintain home with frequent cleaning and proper repairs



Foodborne Illness

What does the Local Health Department do?

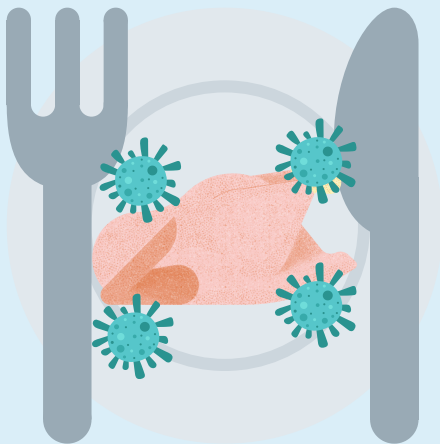
When a suspected foodborne disease is discovered in a cluster by laboratory testing, syndromic surveillance, or complaints, the Division of Health launches an investigation into the illness.

Role of Epidemiologist

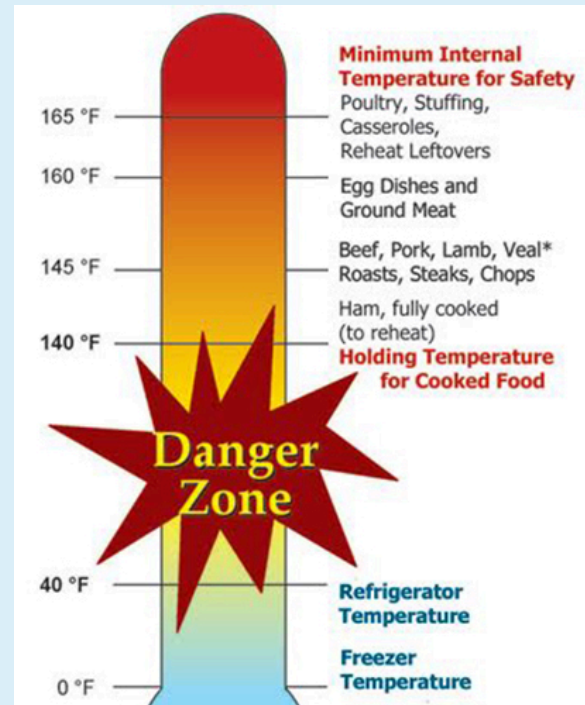
During an investigation, it is important to interview patrons who were ill, as well as those who were not.

Information obtained from patrons during an investigation may include:

- Demographic information
- Illness history, including when illness started and symptoms
- Exposure history, including details about food and beverages consumed
- In addition, stool samples may be requested from ill patrons in order to identify the pathogen that is causing the outbreak.



To report a suspected foodborne illness please call the Sussex County Division of Health at (973)-579-0370 or email schealth@sussex.nj.us



Role of Environmental Health Inspector

Investigation of the food service establishment usually includes:

- Illness histories from all food workers and staff to identify whether a food handler may have contributed to the outbreak.
- Review food safety practices, including assessment of food preparation and storage practices to determine if a procedure may have contributed to illness.
- Any necessary corrective measures such as discarded contaminated food, restricting ill employees from work until they are recovered from illness, and modifying unsafe food preparation practices.

October



Breast Cancer Awareness Month

Breast cancer is a leading cause of cancer death among women in the United States. According to the American Cancer Society, about 1 in 8 women will develop breast cancer and about 1 in 39 women will die from breast cancer.

Symptoms

- New lump in breast
- Swelling in breast
- Nipple discharge
- Change in size

Risk Factors

- Getting older
- Genetic mutations
- Dense breast
- Reproductive history

Diagnosis

- Ultrasound
- Mammogram
- MRI
- Biopsy

Treatment

- Surgery
- Chemotherapy
- Radiation



SPOTLIGHT

OF THE MONTH



**SUSSEX COUNTY DIVISION OF HEALTH
OFFICE OF PUBLIC HEALTH NURSING**

FALL FLU VACCINATION CLINICS 2024 BY APPOINTMENT ONLY

Byram Firehouse

Wednesday, October 9, 2024, 10am-12pm
225 US Highway 206, Byram, NJ 07821

Sussex County Library, Dorothy Henry Branch

Thursday, October 10, 2024, 3pm-5pm
66 Route 94, Vernon, NJ 07462

Sandyston Municipal Building

Saturday, October 12, 2024, 10am-12pm
133 Route 645, Sandyston, NJ 07826

Fredon Civic Center

Saturday, October 19, 2024, 10am-12pm
436 Route 94, Fredon, NJ 07860

Sussex County Library, Sussex-Wantage Branch

Wednesday, October 23, 2024, 4pm-6pm
69 County Road 639, Wantage, NJ 07461

Knoll Heights Senior Center

Thursday, October 24, 2024, 11am-1pm
40 Trapasso Drive, Sparta, NJ 07871

Flu Vaccine \$25.00 High-Dose \$65.00

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



(973)579-0570 ext. 1275



scphn@sussex.nj.us