



Public Health
Prevent. Promote. Protect.

September, 2024 Issue 11

NEWSLETTER

Sussex County Division of Health



*Welcome to
the health
hub!*

Tips to Protect Children From Environmental Risks



Help children breathe easier

- Don't smoke around children.
- Keep your home clean; dust and mold can trigger asthma and allergies.
- Limit outdoor activities on ozone alert days.
- Limit motor vehicle idling.
- Avoid open burning.

Protect children from carbon monoxide (CO) poisoning

- Don't run cars or lawnmowers in the garage.
- Never use gas ovens or burners for heat.
- Have fuel-burning appliances and chimneys checked once a year.
- Install CO alarms in sleeping areas.

Safeguard children from high levels of radon

Test your home for radon with a home test.

Protect children from lead poisoning

- Get kids tested for Lead.
- Test your home if it was built before 1978.
- Wash floors and window sills to protect kids from dust and peeling paint.
- Run cold water for 30 seconds to flush lead from pipes.

Keep Pesticides and other toxic chemicals away from children

Store pesticides and toxic chemicals where kids can't reach them - never put them in other containers that kids can mistake for food or drink.

Protect children from contaminated fish and polluted water

- Be alert for local fish advisories or beach closings.
- Learn what's in your drinking water—call your public water supplier, or have private drinking water wells tested annually.

Keep children and mercury apart

- Eat a balanced diet, but avoid fish with high levels of mercury.
- Replace mercury thermometers with digital thermometers.
- Don't let kids play with mercury.
- Please contact your state or local health environmental agency if mercury is spilled
Never vacuum a spill!



Resources

Lead



Protect children from too much sun

- Wear hats, sunglasses, and protective clothing.
- Use sunscreen with SPF 15+ on kids over six months; keep infants out of direct sunlight.
- Limit time in the mid-day sun; the sun is most intense between 10 am and 4 pm.

Water



Carbon Monoxide



Radon



Air Quality



Environmental Health



Drinking Water Facts:

Private Wells



Natural sources, like bedrock or man-made sources, such as agricultural run-off, waste sites, disinfection chemicals, or plumbing fixtures, can contaminate drinking water.

Why should I test my well water?

- To ensure your water is safe to drink.
- If there is known or suspected well water contamination.
- Water has an unpleasant taste, smell, or appearance.



What contaminants may be in my well water?

- Arsenic
- Radionuclides: radium, uranium, and radon
- Infectious microorganisms
- Nitrate
- Lead
- Mercury
- PFAS

Where should I get my well water tested?

From a commercial testing laboratory certified for private well sampling per the NJ PWTA. A list of certified NJ labs can be obtained from NJDEP DataMiner. Scan code for more information.



How can these contaminants affect my health?

They may increase the risk of certain types of cancer. Microorganisms can cause nausea, vomiting, and diarrhea. Nitrates can interfere with the blood's ability to carry oxygen, and lead can cause developmental problems in infants and children.

You should test your well annually for total coliform, nitrates, and pH. Test for lead, VOCs, arsenic, manganese, and iron every 5 years. Test for mercury, gross alpha, and uranium at least once. Consider local conditions for additional testing needs.



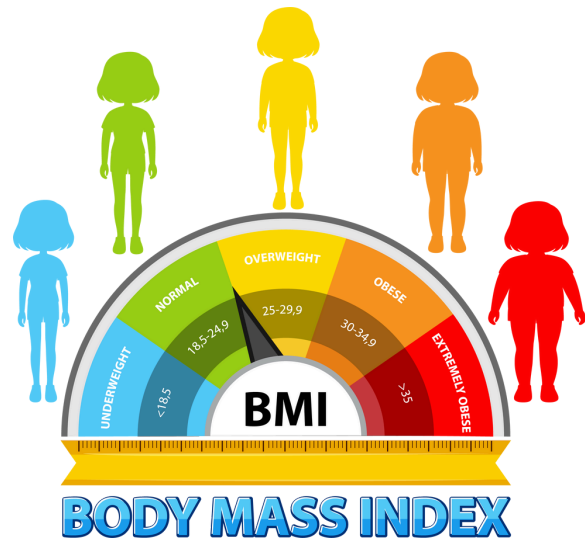
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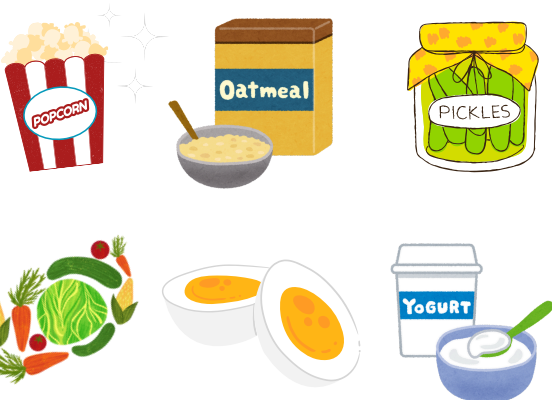
Childhood Obesity Awareness Month

Childhood obesity is a serious condition in which a child weighs well above the typical weight for age and height. It can lead to diabetes, high blood pressure and high cholesterol.

The body mass index (BMI) which provides a guideline of weight in relation to height, is the accepted measure of overweight and obesity.



Healthy Snacks



Childhood obesity affects the following age groups:

- 12.7% of children aged 2 to 5
- 20.7% of children aged 6 to 11
- 22.2% of adolescents aged 12 to 19



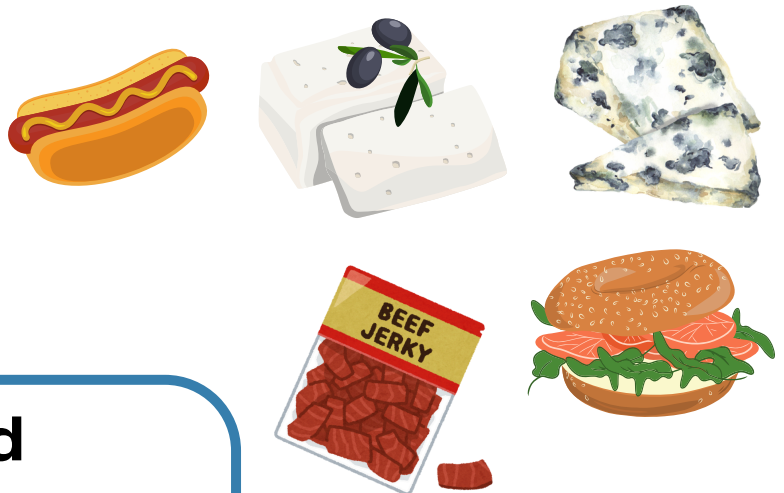
LISTERIA

Listeria infection is a foodborne bacterial illness that can be very serious for pregnant women, people older than 65 and people with weakened immune systems. It's most commonly caused by eating improperly processed deli meats and unpasteurized milk products.

Symptoms

- o Fever
- o Muscle aches
- o Nausea
- o Vomiting
- o Diarrhea

Precautions with these types of foods:

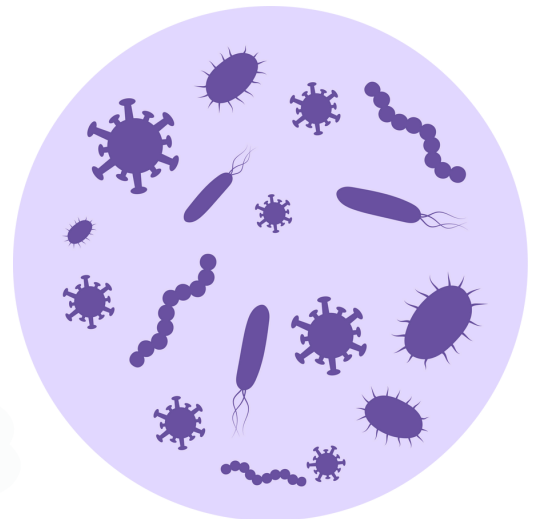


Incubation Period

3-70 days with a median of 21 days

Prevention

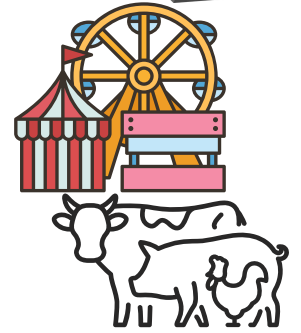
- o Avoid certain processed foods such as deli meats, soft cheeses, and unpasteurized milk products if at risk.
- o Keep things clean
- o Scrub raw vegetables
- o Cook your food thoroughly



SPOTLIGHT

OF THE MONTH

The Division of Health Present at the New Jersey State Fair



The Registered Environmental Health Specialist inspected and approved all food vendors for the fair. Information on various topics, including harmful algal blooms, septic systems, contaminated soil, PFAS in drinking water, and the Clean Communities program, was displayed. Reusable bags were provided to promote the Clean Communities Program. Children's Day activities focused on teaching kids about reducing litter and sustainability.



The Office of Public Health Nursing promoted all its programs (Lead, Special Child Health, Cancer Education, and Early Detection) and interacted with the public at the fair, offering free blood pressure screenings. They also participated in Children's Day, promoting Sun Safety, and Senior Day, educating on vector-borne diseases. The Medical Reserve Corp was present and offered an opportunity for the recruitment of new members.

