



**Public Health**  
Prevent. Promote. Protect.

July, 2025  
Volume 2, Issue 7

# NEWSLETTER

## Sussex County Division of Health



Welcome to  
the health  
hub!

### DRINK SAFE. USE SMART. CONSERVE TOGETHER.

#### **Protect Your Drinking Water**

- ✓ Private Well Owners
  - Test annually for bacteria & nitrates
  - Use NJDEP Certified Water Testing Labs
  - Keep your wellhead sealed & clean
- ✓ Municipal Water Users
  - Review your annual Water Quality Report
  - Report odd smells, colors, or tastes

#### **Know the Drought Terms**

##### **Drought Watch**

Dry conditions; conserve voluntary

##### **Drought Warning**

Serious; still voluntary, but urgent

##### **Water Emergency**

Declared by the Governor; may involve restrictions



#### **Summer Water-Saving Tips**

Group plants based on water needs

Schedule an irrigation audit


Add compost to the soil

Use mulch to reduce evaporation


Avoid over-fertilizing lawns

Use a broom instead of a hose to clean up sidewalks

#### **Helpful Contacts**

 Sussex County Health Division:  
(973) 570-0370

 NJDEP Drought Info:  
[www.nj.gov/dep/drought](http://www.nj.gov/dep/drought)

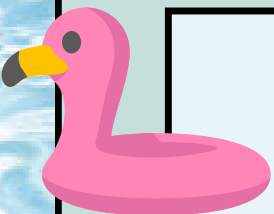
 EPA Water Hotline:  
1-800-426-4791

✓ **CLEAN WATER IS A SHARED RESPONSIBILITY. LET'S KEEP SUSSEX COUNTY HEALTHY AND WATER SMART THIS SUMMER!**





# DIVE INTO FUN, NOT TROUBLE!



## SPLASH YOUR WAY INTO FUN - NOT GERMS!

Keep swimming healthy by remembering the DOs and DON'Ts:



DO:

- Avoid getting in the water if you are sick from diarrhea.
- Shower before entering a pool or lake.
- Take children for regular bathroom breaks or check diapers every hour.



DON'T:

- Swallow water.
- Let water go up your nose.
- Urinate or defecate in the water.
- Sit or stand on jets (in pools or spas).



## DROWNING PREVENTION: IT ONLY TAKES SECONDS

Drowning is the leading cause of death for children ages 1 to 4.

### **TAKE THESE PRECAUTIONS TO PREVENT IT!**



- ! Supervise children closely at all times
- ! Wear a life jacket
- ! Learn CPR
- ! Avoid alcohol before or during swimming
- ! Use the Buddy System: Always swim with a buddy

## HARMFUL ALGAL BLOOMS (HABS): KNOW BEFORE YOU GO

HABs, often caused by cyanobacteria, can make water unsafe for swimming and fishing.

### Exposure

#### Can Cause:

- Rashes
- Stomach issues
- Liver or neurological damage



### HABs Thrive

#### In:

- Warm water
- High temperatures
- Calm, nutrient-rich waters



### Look Out For:

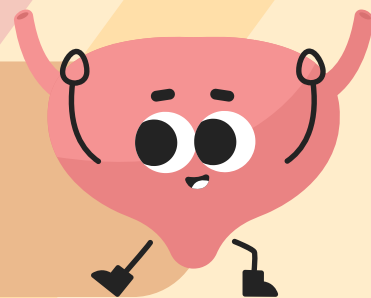
- Green scum
- Odd smells
- Discolored water

Avoid swimming in water with visible blooms!





# Tip of the Month: Urinary Tract Infections



## What is a UTI?



**Definition:** An infection in any part of the urinary system (kidneys, bladder, urethra).

**Common in:** Women, older adults, catheter users, pregnant women, and individuals with poor hygiene or weakened immune systems.



## Prevention Tips!

- Stay hydrated (drink plenty of water)
- Wipe front to back (for women)
- Avoid irritating feminine products
- Don't hold in urine for too long
- Wear loose, breathable underwear

## Common symptoms:

- Burning during urination
- Frequent urge to urinate
- Cloudy or strong-smelling urine
- Lower abdominal pain
- Fever or chills (possible sign of kidney involvement)



## When to see a doctor?

- Pain or fever that doesn't go away
- Blood in urine
- Recurrent UTIs
- No improvement after 1–2 days of self care

**Early treatment of UTIs prevents complications.**

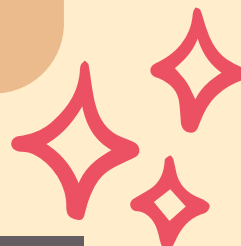
**If in doubt, seek care!**

**Scan for more information!**




## Myths & Facts

**Myth: Only women can get UTIs → Fact: Men can get them too**  
**Myth: Cranberry juice cures UTIs → Fact: Cranberry juice may help prevent, but not cure**



# UV Index Awareness Month

PROTECT YOUR SKIN, PROTECT YOUR HEALTH!

 **Stay Sun Smart This July!** Ultraviolet (UV) radiation from the sun is a leading cause of skin cancer, premature aging, and eye damage.

**What is the UV Index?** The UV Index measures the strength of sunburn-producing UV radiation on a scale from 0 to 11+.

UV levels are typically highest between **10 a.m. and 4 p.m.**



<u>UV Index Risk Level</u>	<u>Recommendations</u>
0-2: Low	Minimal protection needed
3-5: Moderate	Stay in shade during midday
6-7: High	Wear SPF 30+, sunglasses, hat
8-10: Very High	Minimize sun exposure 10am-4pm
11+: Extreme	Take full precautions

## Did you know?



Just one blistering sunburn in childhood more than doubles the risk of melanoma later in life.





UV radiation can penetrate clouds, meaning sunburn is possible even on overcast days.



Eye exposure to UV rays can lead to cataracts and other vision issues over time.

## Sun Safety Tips:

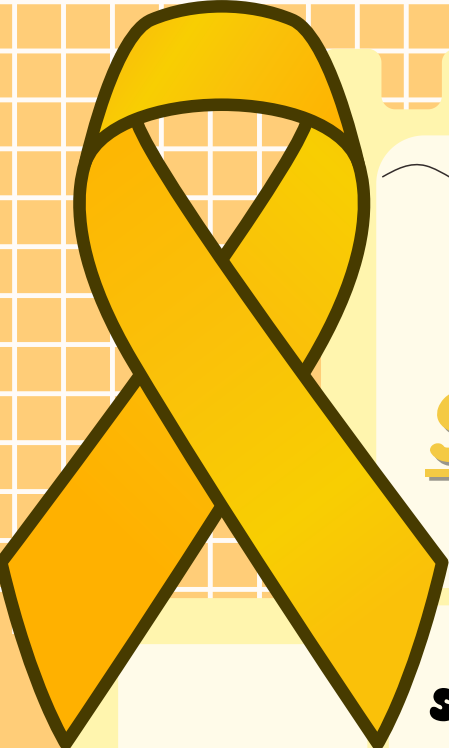
-  Check the daily UV Index using weather apps or websites before going outside.
- Apply broad-spectrum sunscreen with SPF 30 or higher → Reapply every 2 hours or after swimming/sweating.
-  Wear sunglasses that block 100% of UV rays to protect your eyes.
- Cover your skin with light, tightly woven clothing for added protection.
- Protect children and older adults, who are more vulnerable to UV-related health effects.

The UV Index is a simple but powerful way to plan your outdoor activities safely.

**Protect your skin. Protect your future. Stay sun smart this July!**



Click the sunscreen to find out the UV in your area!



# BOLD FOR THE GOLD

# JULY IS

# SARCOMA AWARENESS

# MONTH



## WHAT IS SARCOMA?

Sarcoma is a rare type of cancer that occurs in the bones and soft tissues such as fat, muscles, nerves, and blood vessels. It can occur at any age, but some types are more common in children or young adults.

## SIGNS AND SYMPTOMS TO WATCH FOR

Early symptoms can be subtle. See a healthcare provider if you notice:

- A new lump
- Pain in a bone or joint
- Swelling, tenderness, or limited movement

Don't ignore persistent symptoms that don't seem to go away!

## ~QUICK FACT CORNER~

- Sarcomas account for less than 1% of all adult cancers – but early detection makes a difference!
- There are over 50 different types of sarcomas

## GET INVOLVED!

Help raise awareness by:

- Wearing yellow throughout July
- Share this newsletter with friends and family

*Together, we can make a difference!*

## LEARN MORE

Visit these trusted sites to learn more about sarcoma:

- Sarcoma Foundation of America:  
[www.curesarcoma.org](http://www.curesarcoma.org)
- American Cancer Society:  
[www.cancer.org](http://www.cancer.org)

SCAN THE QR TO REACH OUT!



# You're Invited!

## RIBBON CUTTING CEREMONY SUSSEX COUNTY DIVISION OF HEALTH MOBILE CLINIC LAUNCH

**Date:** July 24, 2025

**Time:** 4:30pm-5:30pm

**Location:** 201 Wheatsworth Road, Hamburg, NJ 07419

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Join us as we celebrate the launch of the Sussex County Division of Health's new Mobile Clinic – a vital step forward in bringing healthcare directly to our communities!



The new Mobile Clinic is designed to increase access to essential health services for Sussex County residents, especially in underserved and rural areas. This innovative unit will provide immunizations, health screenings, health education, chronic disease support, and emergency preparedness outreach – all right where people need it most.

Come meet our team, tour the clinic, and help us cut the ribbon on a healthier future for Sussex County!



**Light refreshments will be served.**

