



Public Health
Prevent. Promote. Protect.

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NEWSLETTER

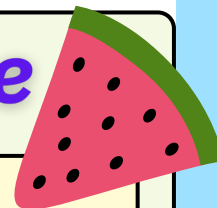
Sussex County Division of Health



Welcome to
the health
hub!



Picnic Safe Summer Safe



Food Safety:

- Keep cold foods below 40°F using ice packs.
- Maintain hot foods above 140°F in insulated containers.
- Avoid the "danger zone" (40°F to 140°F) for over 2 hours (1 hour if above 90°F).
- Wash hands before and after handling food, especially raw meats.
- Clean cooking surfaces and equipment.
- Use separate utensils for raw and cooked meats to prevent cross-contamination.
- Cook food to a safe internal temperature using a meat thermometer.

Sun Protection:

- Seek shade: Avoid direct sunlight, especially during peak hours (11 am to 3 pm).
- Wear protective clothing: Choose light-colored, loose-fitting clothing, and consider wearing a wide-brimmed hat and sunglasses.
- Stay hydrated: Drink plenty of water to stay cool and prevent heat exhaustion.

Other Safety Tips:

- First aid kit: Pack a basic first aid kit with essentials like bandages, antiseptic wipes, and pain relievers.
- Stay alert: Be mindful of your surroundings, especially if you are near water.
- Know your limits: If you are not feeling well, head for shade and take it easy.

Insect Repellent:

- Use insect repellent: Apply insect repellent to exposed skin to prevent insect bites.
- Consider wearing long sleeves and pants: Light-colored clothing can help deter insects and provide extra protection.

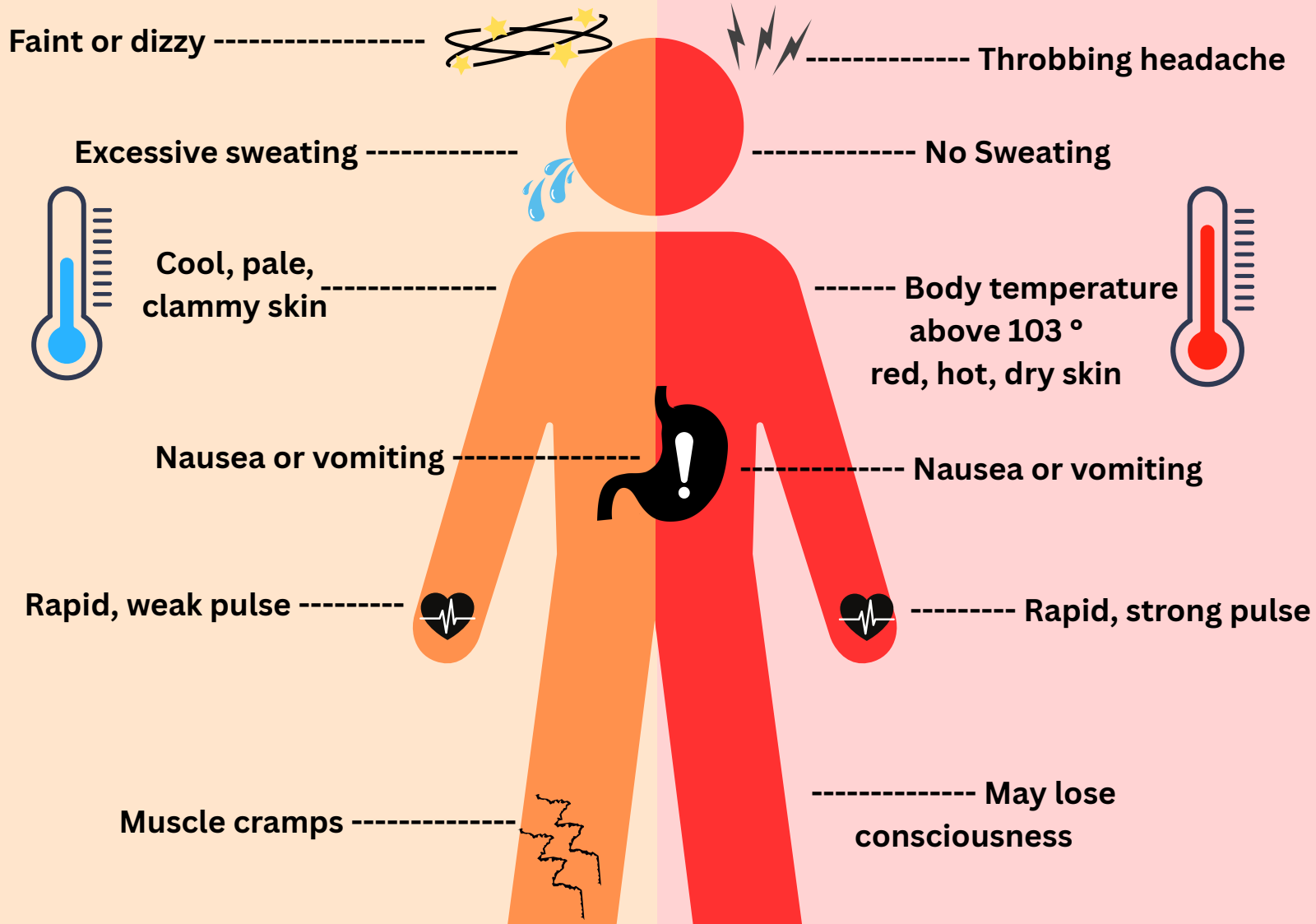
Rutgers Cooperative Extension
Summer Safety:



KNOW THE SIGNS

Heat Exhaustion OR

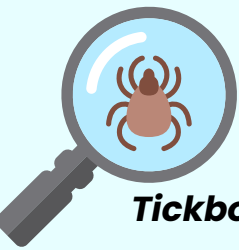
Heat Stroke



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

Call 9-1-1

- Take immediate action to cool the person until help arrives



Don't let a tick make you sick!

#TargetTicksNJ

Tickborne diseases are transmitted to humans through infected tick bites, which can carry bacteria, viruses, or parasites.

Use insect repellent on skin/clothing, check children/pets after time outdoors.

Diseases that are spread to people by ticks in New Jersey include:

Alpha-gal Syndrome: also known as alpha-gal allergy or tick bite meat allergy. It is transmitted through the saliva of the **lone star tick**. Symptoms include hives, abdominal pain, nausea, respiratory issues, and swelling of the lips, throat, or eyelids.

Anaplasmosis: These bacteria are spread to people by tick bites primarily from the **blacklegged tick**. Typical symptoms include fever, chills, sweats, severe headache, and muscle aches. Usually, these symptoms occur 1-2 weeks following a tick bite.

Babesiosis: is an illness caused by a parasite that is carried by ticks. This parasite infects red blood cells. Common early symptoms may include fever, chills, headache, body aches, loss of appetite, nausea, fatigue or a low red blood cell count (anemia).

Ehrlichiosis: transmitted to humans by the bite of an infected **lone star tick**. Symptoms include: fever, headache, fatigue, and muscle aches, and usually, these symptoms occur within 1-2 weeks following a tick bite.

Powassan Virus: is transmitted to humans by infected ticks, primarily found in the Northeast U.S. and Great Lakes regions. Symptoms include fever, headache, vomiting, weakness, confusion, seizures, and memory loss. Confirmed or suspected cases should be reported to the Health Department **immediately**.

Spotted Fever Group Rickettsiosis (including Rocky Mountain Spotted Fever) is caused by bacteria transmitted through infected tick and mite bites. It progresses rapidly and can lead to severe complications or death if untreated. Early symptoms include fever, headache, muscle pain, and nausea, with a rash appearing 2-4 days later.

COMMON TICK SPECIES IN NEW JERSEY

Blacklegged Tick
(a.k.a. deer tick)
Lyme disease vector

Lone Star Tick

American Dog Tick



Ticks to the left are enlarged to show detail. Ticks to the right represent actual size.



For more information



JUNE: MEN'S HEALTH AWARENESS MONTH



TIPS FOR MEN'S HEALTH AND WELLNESS

1

GET REGULAR HEALTHCARE CHECK UPS:

Talk to your doctor or healthcare provider to get the necessary health screening.

2

EAT HEALTHY DIET AND BE PHYSICALLY ACTIVE:

Maintain a healthy lifestyle that consist of eating balanced meals and exercise.

3

AVOID SMOKING:

Smoking increases risks of cardiovascular disease, cancer, lung disease and other illnesses.

4

LIMIT ALCOHOL CONSUMPTION:

Limiting alcohol consumption can help reduce the risk of chronic disease.

5

MANAGE STRESS:

Managing stress can lower risk for cardiovascular diseases, obesity and depression.

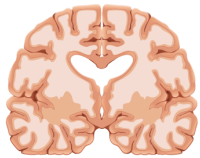


ALZHEIMER'S AWARENESS

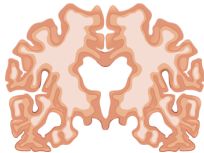


Alzheimer's disease is a progressive neurological disorder that affects the brain, leading to memory loss, cognitive decline, and changes in behavior. It is the most common form of dementia and typically develops slowly, worsening over time.

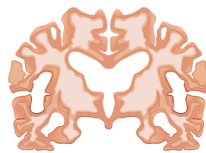
Progression of Alzheimer's Disease



Healthy Brain



Mild Alzheimer's Disease



Severe Alzheimer's Disease

Symptoms

Early signs: Memory loss, difficulty in problem-solving, confusion with time or place.

Later stages: Trouble speaking, swallowing, walking, and eventually full dependency.

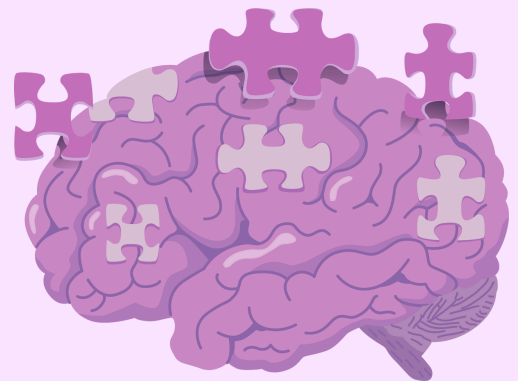
Treatment

There is no cure, but some medications (like donepezil or memantine) can temporarily improve symptoms or slow progression.

Newer drugs (like lecanemab, approved in 2023) target amyloid and aim to slow disease progression.

Prevalence

More than 55 million people worldwide live with dementia, and Alzheimer's accounts for 60–70% of those cases. In the U.S., over 6 million people are currently living with Alzheimer's.



SPOTLIGHT

OF THE MONTH



SUSSEX COUNTY DIVISION OF HEALTH

Emergency Preparedness Exercise

The Behind-the-scenes of the emergency preparedness training for Sussex County Division of Health staff and the Medical Reserve Corps (MRC) volunteers on May 20, 2025.



The staff prepared for the rapid deployment of the inflatable system, which was acquired by the Division of Health through the Enhancing Public Health Infrastructure Grant.



This training aimed to equip staff with the necessary skills and knowledge to utilize the system effectively in emergencies. Participants engaged in hands-on exercises to enhance their familiarity with the equipment and improve teamwork in crisis scenarios.



Sussex County Division of Health Staff and MRC Volunteers

