



Public Health
Prevent. Promote. Protect.

March, 2025
Volume 2, Issue 3

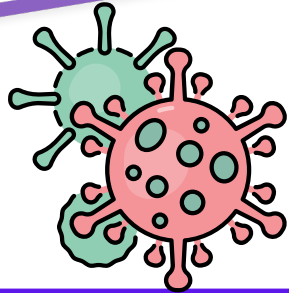
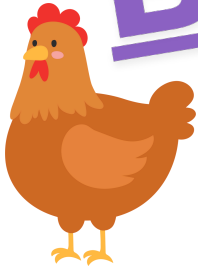
NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!

What to Know about **BIRD FLU**



H5N1, or Highly Pathogenic Avian Influenza (bird flu), is a disease caused by influenza A viruses. Wild birds, especially waterfowl, can carry the virus without showing illness, but H5N1 can lead to severe disease and death in domestic poultry like chickens and ducks.

There are no reported cases of H5N1 in humans in New Jersey.

Human risk is low, but it's wise to take precautions when handling animals.

Avoid direct contact with sick or dead birds and practice good hygiene around animals.

The commercial milk supply is safe! The New Jersey Department of Health and Agriculture warns against consuming raw milk and raw milk products by both humans and pets.



Some occupations and recreational activities that put someone at greater risk include:

- **Bird rehabilitation workers**
- **Bird or animal sanctuary workers**
- **Farmworkers (including dairy farms)**
- **Professionals who respond to bird flu outbreaks**
- **People who raise flocks of birds**
- **Livestock owners**
- **Hunters**



CDC recommends that people working with infected animals wear Personal Protective Equipment (PPE).

Separate uncooked food from cooked and non-cooked items. Properly cooking poultry, eggs, and beef to the right internal temperature eliminates bacteria and viruses, including avian influenza.

For more information



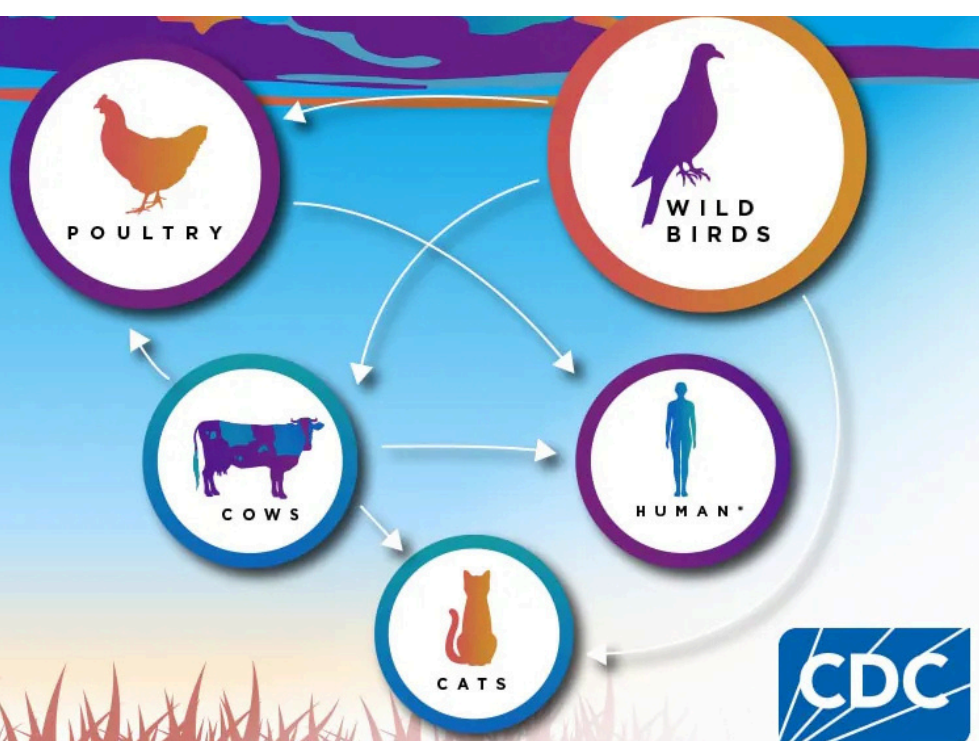
To report sick or dead poultry, contact the NJ Department of Agriculture Division of Animal Health at 609-671-6400.

If you find sick or dead wild birds, do not handle them. Contact the NJ DEP Fish and Wildlife hotline at 1-877-WARNDEP.

H5N1 Bird Flu

How is it Spreading?

*No human-to-human spread of H5N1 has been detected during the current outbreak in dairy cows.



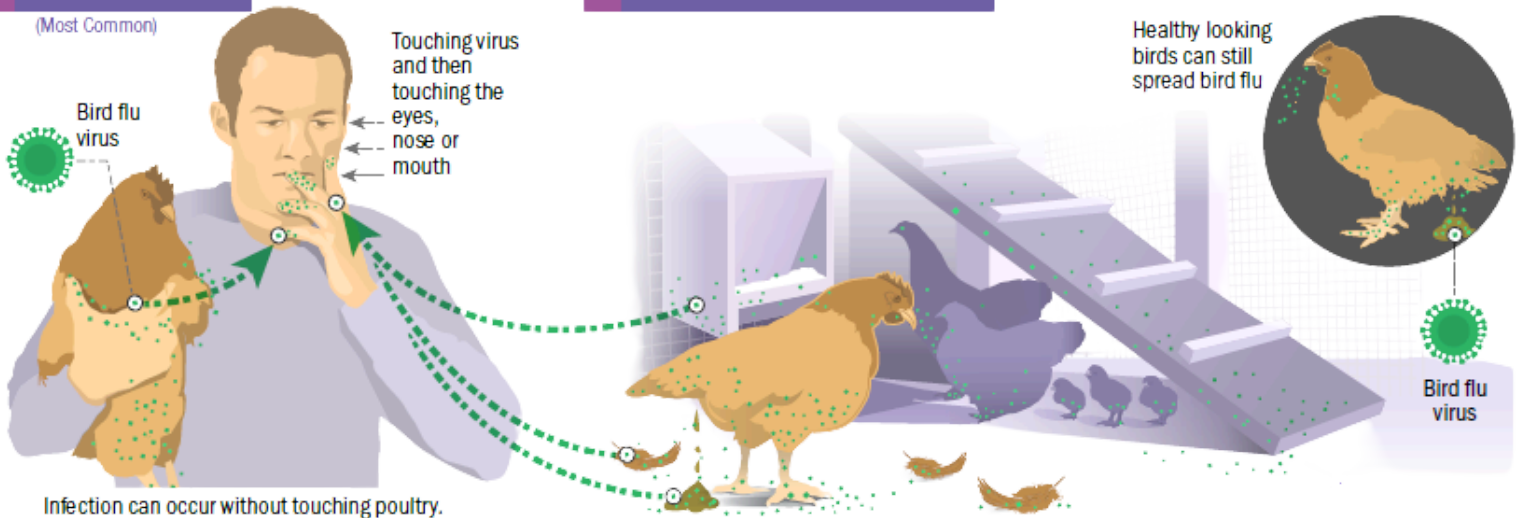
How Infected Backyard Poultry Could Spread Bird Flu to People

Human Infections with Bird Flu Viruses Rare But Possible

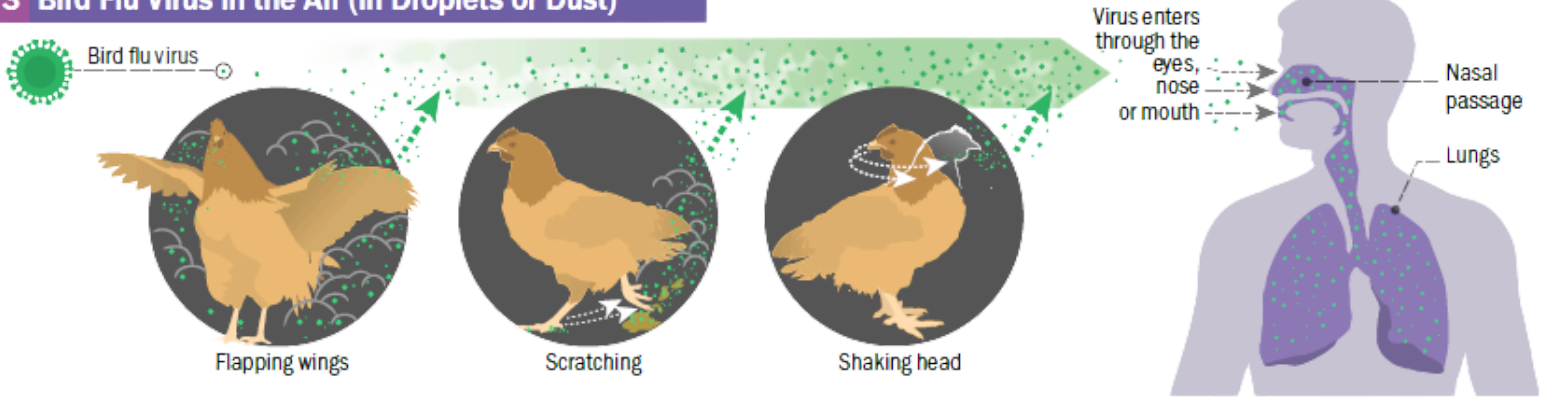
1 Direct Contact

(Most Common)

2 Contaminated Surfaces

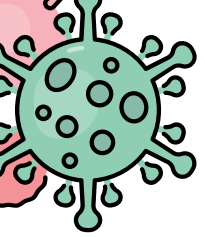


3 Bird Flu Virus in the Air (in Droplets or Dust)

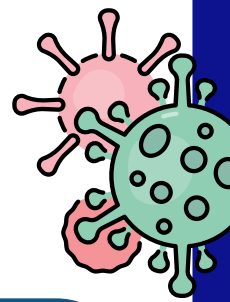


www.cdc.gov/bird-flu

CS330154-A



Norovirus



Norovirus is a very contagious virus that causes vomiting and diarrhea. It is sometimes called the "stomach flu" or the "stomach bug." However, norovirus illness is not related to the flu. The flu is caused by the influenza virus. Norovirus causes acute gastroenteritis, an inflammation of the stomach or intestines.

How it spreads:

Norovirus spreads very easily and quickly in different ways. You can get norovirus by:

- Having direct contact with someone with norovirus, like caring for them, sharing food or eating utensils with them, or eating food handled by them.
- Eating food or drinking liquids that are contaminated with norovirus.
- Touching contaminated objects or surfaces and then putting your unwashed fingers in your mouth.



Signs and Symptoms

A person usually develops symptoms 12 to 48 hours after being exposed to norovirus.

Most common symptoms: Diarrhea, vomiting, nausea, stomach pain



Prevention

- Wash your hands well and often.
- Cook shellfish thoroughly and wash fruits and vegetables.
- Clean and disinfect contaminated surfaces.
- Wash laundry in hot water.
- Stay home when sick for 2 days (48 hours) after symptoms stop.

MARCH

Is Blood Clot Awareness Month

Blood Clot Awareness Month (BCAM), is a time dedicated to spreading the word about blood clots and their potentially fatal complication, pulmonary embolism (PE).

Clots affect around 900,000 Americans each year and are the cause of death for as many as 100,000 individuals per year. There often is no warning for those who have clots—in fact, 1 in 4 people who have a PE die without warning.



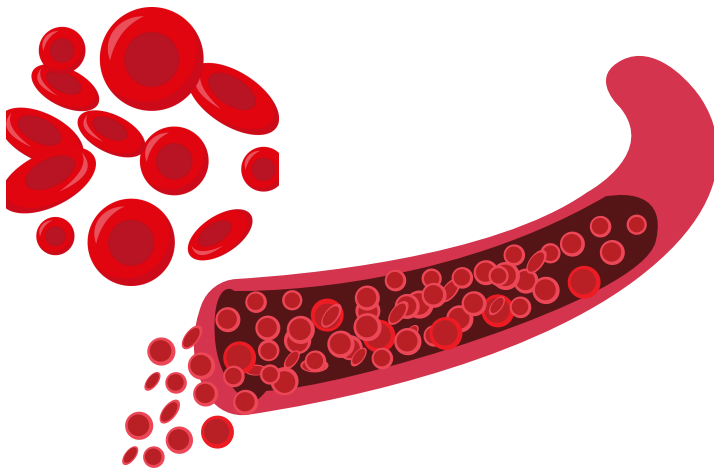
Venous thromboembolism (VTE) is the development of blood clots in the veins. VTE is often undiagnosed but is often preventable.

A Deep Vein Thrombosis (DVT) is the development of a clot inside a deep vein—often in the lower leg or thigh. This usually affects one side of the body. A DVT can cause serious illness, disability, or even death.

A Pulmonary Embolism (PE) is a clot that has traveled to the lungs.

Warning Signs and Symptoms

- Shortness of breath for no reason
- Fast breathing
- Fast pulse rate
- Fast heart beat
- Chest pain
- Skin feels warm or hot to the touch
- Fainting or blacking out

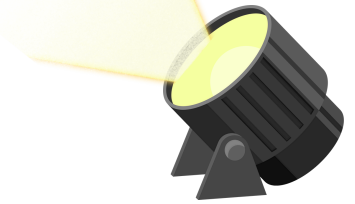


Prevention

- Stay active
- Maintain a healthy weight
- Quit smoking
- Drink plenty of fluids

SPOTLIGHT

OF THE MONTH



Sussex County Division of Health Office of Public Health Nursing

HEALTH CHECK CLINIC



Vaccine clinic for adults and school-aged children. No fee for vaccines if uninsured or with select insurance policies.

LOCATION: Public Health Nursing Office
201 Wheatsworth Road
Hamburg, NJ 07419

2025 Dates

Tuesday 2pm-4pm

January 28

March 25

May 27

June 24

August 26

September 23

October 28

November 25



Seen by appointment only.

For appointments call

973-579-0570 ext. 1275