



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

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Volume 2, Issue 5

# NEWSLETTER

## Sussex County Division of Health



Welcome to  
the health  
hub!

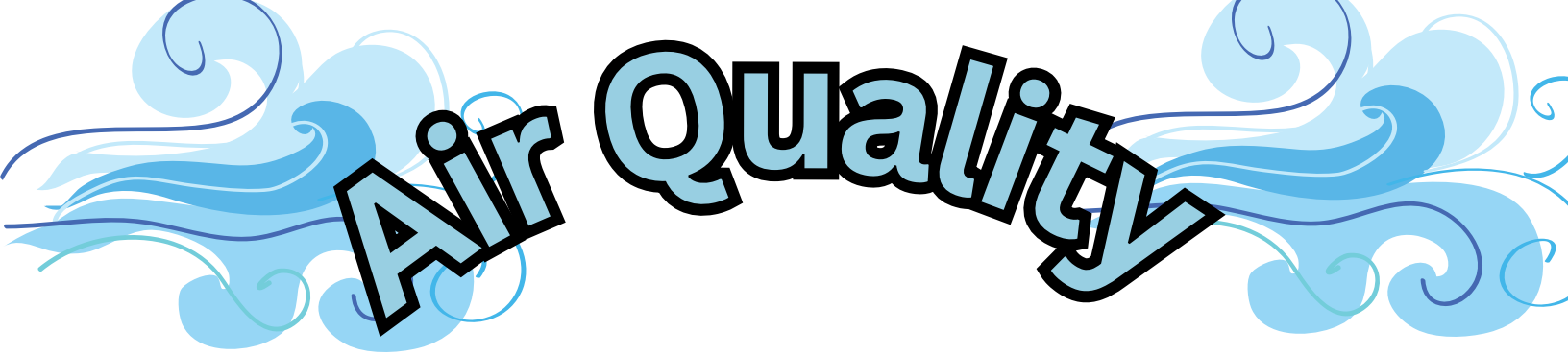
# National Clean Air Month

National Clean Air Month is an annual observance that aims to raise awareness about air quality issues and encourage actions to improve air pollution. Environmental agencies and health organizations come together to educate the public about the sources and health risks of air pollution and the steps that can be taken to reduce emissions.

### How to Get Involved

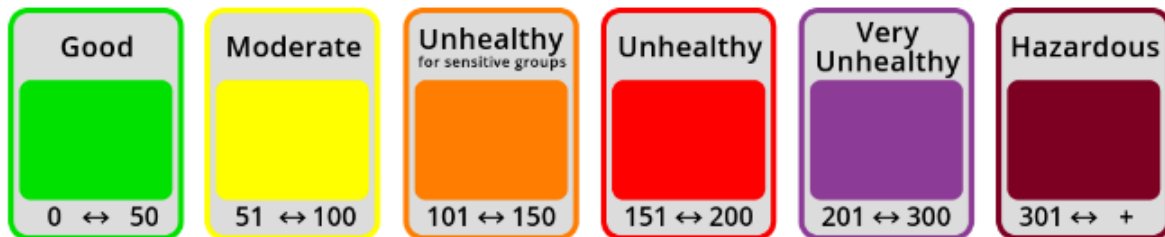
- **Reduce Vehicle Emissions:** Opt for public transportation, carpooling, biking, or walking to reduce the number of vehicles on the road.
- **Conserve Energy:** Use energy-efficient appliances and reduce electricity usage to decrease the pollution emitted from power plants.
- **Participate in Local Cleanups:** Join or organize community cleanups to help reduce litter and pollutants that can degrade air quality.
- **Plant Trees:** Engage in tree planting activities. Trees help to filter pollutants and produce oxygen, improving air quality.
- **Advocate for Policies:** Support and advocate for local and national policies that aim to reduce air pollution and promote clean energy solutions.





Air quality refers to how clean or polluted the air is. It measures the amount of harmful substances in the air, such as dust, smoke, pollen, ozone, and other pollutants. Good air quality means the air is clear and healthy to breathe, while poor air quality can be harmful to people, animals, and the environment.

### Air Quality Index (AQI)



### How does the AQI work?

The U.S. Air Quality Index (AQI) is EPA's tool for communicating about outdoor air quality and health. The AQI includes six color-coded categories, each corresponding to a range of index values. The higher the AQI value, the greater the level of air pollution and the greater the health concern. For example, an AQI value of 50 or below represents good air quality, while an AQI value over 300 represents hazardous air quality.



**Curious about the air quality  
in Sussex County? Scan the  
QR code for the latest AQI!**



# Fresh Air: Nature's Best Medicine!

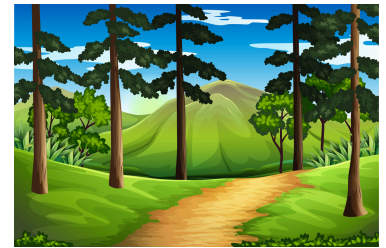


Spending time outside is not only great for your health, but it also helps you connect with the world around you. Fresh air and natural light boost your mood, reduce stress, and improve focus and energy. Being outdoors encourages physical activity, which supports a healthy body and mind. On a bigger scale, spending time in nature can inspire people to care more about the environment—protecting the air, water, and green spaces we all share. Simply enjoying the outdoors is a small step that benefits both you and the planet.



## Sussex County Parks:

- 🌲 High Point State Park
- 🌲 Kittatinny Valley State Park
- 🌲 Stokes State Forest
- 🌲 Hopatcong State Park



## Sussex County Trails:

- 🌲 Sussex Branch Trail
- 🌲 Iron Horse Heritage Trail
- 🌲 Great Valley Rail Trail
- 🌲 Morris Canal Greenway





# LYME DISEASE



Lyme disease is an infectious illness caused by the *Borrelia* bacteria, most commonly transmitted to humans through the bite of infected black-legged ticks, often called deer ticks.

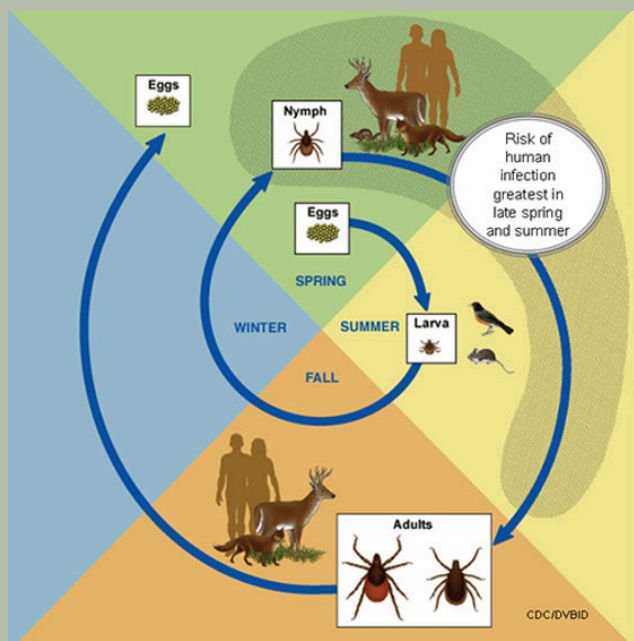
## Signs and Symptoms

### Early signs and symptoms (3 to 30 days after tick bite)

- Fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes may occur in the absence of rash
- Erythema migrans (EM) rash

### Later signs and symptoms (days to months after tick bite)

- Severe headaches and neck stiffness
- Episodes of dizziness or shortness of breath
- Shooting pains, numbness, or tingling in the hands or feet



## Treatment

When caught early, Lyme disease is typically treated successfully with the right antibiotics, leading to a quick and full recovery. Commonly prescribed antibiotics include doxycycline, amoxicillin, and cefuroxime axetil. Prompt diagnosis and proper treatment are key to preventing more serious complications.

## Prevention

Preventing Lyme disease mainly involves avoiding tick bites. This can be done by keeping away from areas where ticks are common, wearing long sleeves and pants, applying insect repellents, and routinely checking yourself and your pets for ticks after spending time outdoors.



# MAY



## Is Skin Cancer Awareness Month

Skin cancer is a type of cancer that begins in the skin cells, often caused by excessive exposure to ultraviolet (UV) radiation from the sun or tanning beds. It is the most common form of cancer and can appear anywhere on the body, but most often develops in areas exposed to the sun.

### Symptoms

For melanoma specifically, a simple way to remember the warning signs is to remember the A-B-C-D-ES of melanoma:

- A. **Asymmetrical:** Does the mole or spot have an irregular shape with two parts that look very different?
- B. **Border:** Is the border irregular or jagged?
- C. **Color:** Is the color uneven?
- D. **Diameter:** Is the mole or spot larger than the size of a pea?
- E. **Evolving:** Has the mole or spot changed during the past few weeks or months?



### Prevention

- Stay in the shade.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use a broad spectrum sunscreen with a sun protection factor (SPF) of 15 or higher.



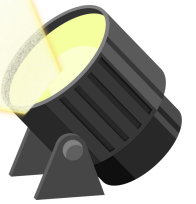
Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays are strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).





# SPOTLIGHT

## OF THE MONTH



# MEDICAL RESERVE CORPS

The Sussex County Board of County Commissioners formed the Sussex County Medical Reserve Corps (MRC) to coordinate volunteer health professionals and citizens with an interest in health issues to provide ongoing support for community public health needs and resources during large-scale emergencies.



MRC volunteers supplement existing emergency and public health resources



MRC units are community-based and function as a way to organize volunteers who want to donate their time and expertise to prepare for and respond to emergencies



MRC members are retired and active health care professionals



MRC members are community individuals with an interest in health and emergency preparedness

Community Health volunteers may be called upon to assist with administrative, clerical, reception, translation, phone, or other responsibilities.

Medical professional volunteers may be called upon to assist with triage, nursing, physician, pharmacy, mental health, paramedic, medical assistant, or other responsibilities. All MRC volunteers will be trained to help the county's public health professionals do whatever is needed at the time to prevent and minimize disease and injuries in our community.

## SIGN UP TODAY!

