



October

2024

Monthly Newsletter

Your Health Matters

Westfield Regional Health Department

Proudly serving Chatham Borough, Fanwood, Garwood, Madison, Mountainside, New Providence, Roselle Park, Summit, and Westfield



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1 Flu Season

The CDC advises getting a flu vaccine annually as the primary and most crucial step in lowering your chances of contracting the flu and its potentially severe consequences.

Westfield Regional Health Department offers flu shots to non-insured residents. Insured residents can receive it through their providers, pharmacies, supermarkets, etc.

Why get a flu shot?

- Reduce severity of illness in those that get the vaccination but still get sick.
- Reduce the risk of flu associated hospitalization.
- It is a preventative tool for people with certain chronic conditions.

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Avoid the Flu
Be Seen Before Halloween

The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older receive a flu vaccine before Halloween.

Residents: Non-insured and need a Flu Shot?
Call the Westfield Regional Health Department at 908-789-4070 for a free flu shot.

Providing Public Health and Environmental Services to
Chatham Borough, Fanwood, Garwood, Madison Mountainside,
New Providence, Roselle Park, Summit and Westfield

www.westfieldnj.gov/health

Blood Pressure Screenings
Free for Residents

October 3 & 17 | Garwood Seniors |
Knights of Columbus, 36 South Ave,
Garwood | 11:30 AM - 12:30 PM

October 8 | Mountainside Seniors | Town
Hall Rt 22 West | 9:30 AM - 10:30 AM

Public Health News
Updated COVID Vaccine

On August 22, 2024, the FDA approved Pfizer and Moderna mRNA versions of the 2024-2025 updated COVID vaccine. A dose of the updated 2024-2025 COVID vaccine is recommended for everyone six months and older. Guidance from the CDC says you can get a dose at least two months after your last dose of any COVID

vaccine. If you recently had COVID, wait at least three months after infection to maximize immune response to the vaccination. On August 30, the Novavax vaccine was authorized for those ages 12+, which targets the JN.1 strain, while the updated Moderna and Pfizer mRNA vaccines target the KP.2 strain. [View flyer for more information.](#)

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2 Disease Update

Whooping Cough

The number of people reported with [whooping cough](#), a bacterial respiratory illness, has been increasing in the United States. According to CDC as of June 1, 2024, reported cases are more than twice as high this year compared to the same time period last year. Reported cases of whooping cough were lower than usual over the past few years due to preventative actions taken during the COVID-19 pandemic. Now, cases are returning to its more typical pre-pandemic patterns of more than 10,000 cases a year. [\(Click flyer to view\)](#)

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Westfield Regional Health Department | 2024

WHOOPING COUGH

The number of people reported with [whooping cough](#), a bacterial respiratory illness, has been increasing in the United States.

Who is at most risk?
Babies younger than 1 year old are at greatest risk for getting whooping cough and having severe complications from it, especially those with other medical conditions such as asthma.

How does it spread?
Whooping Cough is highly contagious and spreads from person to person through the air when someone coughs or sneezes.

Prevention
The best way to prevent whooping cough is to get vaccinated and practice good hygiene.

People of all ages need **WHOOPING COUGH VACCINES**

DTaP for young children	Tdap for preteens	Tdap for pregnant women	Tdap for adults
✓ 2, 4, and 6 months ✓ 15 through 18 months ✓ 4 through 6 years	✓ 11 through 12 years	✓ During the 27-36th week of each pregnancy www.cdc.gov/whoopingcough	✓ Anytime for those who have never received it

More information: www.cdc.gov/whoopingcough

WEST NILE VIRUS

Attention Madison Residents: West Nile Virus has been detected in mosquitoes near Memorial Park.

What is it? West Nile Virus is a viral infection that is spread by the bite of an infected mosquito.

Recommendations to Protect Yourself and Your Community:

- Use Environmental Protection Agency (EPA) - registered insect repellents with one of the active ingredients: DEET Picaridin (known as KBR 3023) IR3535 Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) 2-undecanone.
- Wear long sleeves and long pants.
- Dump or drain any standing water in buckets, flowerpots, birdbaths, tires, etc.
- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
- Avoid spending time outdoors at dawn or dusk.
- Cover cribs, strollers, and baby carriers with mosquito netting.

For more information:
<https://www.nj.gov/health/cd/topics/westnile.shtml>



West Nile Virus

Cases Increase in New Jersey

The NJ Department of Health (DOH) has been tracking an increase of West Nile Virus in mosquitos. Guidelines for residents to protect themselves from mosquito bites include wearing long sleeves and pants when outdoors, using insect repellent containing DEET, and ensuring that windows and doors have intact screens to keep mosquitoes out. NJDOH advises the community to eliminate standing water around their homes.

[\(Click flyer to view\)](#)

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Do I need a RSV Vaccine?

Respiratory Syncytial Virus

RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious for infants and older adults. CDC recommends an RSV vaccine for everyone ages 75 and older and adults ages 60-74 at increased risk of severe RSV. To prevent severe RSV disease in infants, CDC recommends either maternal RSV vaccination or infant immunization with RSV monoclonal antibodies.

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3 National Substance Misuse Awareness Month

National Substance Misuse Awareness Month is a vital time to raise awareness about the impact of substance misuse on individuals and communities. This month encourages open conversations about prevention, treatment, and recovery, helping to break the stigma surrounding addiction.

Red Ribbon Week: Oct. 23 - 31

Red Ribbon Week highlights the importance of living a drug-free life. It presents an opportunity for parents, educators, and communities to reinforce the drug-free messages they share with their children throughout the year.

National Prescription Drug Take Back Day: Oct. 27

Drug Take Back Day encourages the public to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting. Most local police departments have a secured drop box locations year round. [Drop Box Locations.](#)

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Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. During this month communities come together to support survivors, honor those who have lost their battle, and encourage regular screenings and self-examinations. 1 in 8 women will be diagnosed with breast cancer. **Early detection can save lives - get screened today!** If you don't have insurance, [your county CEED](#) (Cancer Education and Early Detection) agency may be able to provide certain screenings (for people with incomes under 250% of the federal poverty line); you can also visit a [Federally Qualified Health Center](#) for income-based sliding scale services.

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Healthy Halloween

Tips this Halloween to Stay Safe

- Eat only factory wrapped treats.
- Carry glowsticks while walking in the dark so you are visible.
- Beware of food allergies. Make sure you carry an epi-pen while trick-or-treating.
- Trick or treat as part of a large group with a responsible adult.
- Prepare your trick or treater with [trick or treat safety items.](#)

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Healthy Lung Month

Steps to Keep Your Lungs Healthy



- 1 **Don't smoke.** Quitting smoking can reduce the risk of COPD and other conditions, lung infections, asthma symptoms, and breathing problems.
- 2 **Avoid air pollution.** Use protective gear if you're exposed to pollutants at work. Ventilate indoor spaces and clean often.
- 3 **Be physically active.** Exercise to help your lungs and heart work more efficiently by combining moderate and vigorous exercise.
- 4 **Aim for a healthy weight.** Maintaining a healthy weight can reduce breathlessness and inflammation that come with weight gain. As well as reduce asthma symptoms and risk of chronic lung disease.
- 5 **Get regular check-ups.** Talk to your doctor about breathing problems.

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4

Upcoming Events
& Resources

**Madison Flu Clinic | Thursday, October 10, 2024 |
11am - 1pm | Hartley Dodge Memorial Courtroom - 50
Kings Rd. Madison**

*Get your flu shot this fall. Free for Madison Residents -
Fluzone Vaccine for ages 6 months and older. If you have
any questions call 973-593-3079. [Click the flyer for more
information.](#)*



Mayors Wellness Campaign Advisory Committee of the Chathams: Walk with the Mayors

*Take this opportunity to connect with the Chatham Borough
and Chatham Township Mayors while getting in your steps.
Walk with the Mayors gives you the opportunity to connect
with your community while being outdoors. [Click the flyer for
more information on dates, time, and locations of each walk.](#)*

Chathams Mayors Wellness Run Club

*Sponsored by Mayors Wellness Campaign Advisory Committee of
the Chathams, runners of all skill levels are welcomed and
encouraged to participate in the 2-3 mile run that supports building a
healthy Chatham. The running pace will be a slow jog and
supportive of everyone's running abilities. [Click the flyer for more
information on dates, time, and location.](#)*



**Madison Rabies Clinic | December 7, 2024 | 10am - 12pm |
Madison DPW Garage - 34 John Street, Madison NJ**

*Make sure your pet is up to date with their rabies vaccination.
Hosted by Westfield Regional Health Department and the
Borough of Madison. [Click the flyer for more information.](#)*