

Your Health Matters

Westfield Regional Health Department

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



June
2024

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Summer Safety

Summer safety is crucial for public health as it tackles hazards exacerbated by warmer weather. From preventing **heat-related illnesses** like **heatstroke** to promoting **sun protection** against skin cancer, ensuring **food safety** during outdoor events, advocating for **water safety** to prevent drownings, and raising awareness about **insect-borne diseases**, summer safety measures are essential for safeguarding community well-being. Public health efforts can effectively mitigate risks, reduce accidents, and promote a healthier summer season for all.

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Heat Stroke

What to do if someone has heat stroke

- 1) Call 911.
- 2) Move the person to a cooler place.
- 3) Help lower the person's temperature with cool cloths or a cool bath.
- 4) If the person is conscious, offer chilled water, a sports drink containing electrolytes or another nonalcoholic beverage without caffeine.

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Heat-Related Safety

Know these heat safety tips

New Jersey is predicted to experience a hotter than normal summer, increasing the risk of heat-related illnesses. To prevent such illnesses, residents should take proactive measures. Stay hydrated by drinking plenty of water, and avoid sugary or alcoholic beverages, as they can contribute to dehydration. Wear lightweight, loose-fitting clothing, and stay indoors during the hottest

parts of the day if possible. If you must be outside, seek shade frequently. Check on the elderly and those with chronic illnesses, and ensure they have access to a cool place to rest. Never leave children or pets in parked vehicles, even for a short time. By staying informed and taking precautionary steps, we can reduce the risk of heat-related illnesses and stay safe during the summer heat.

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Department/Local Highlights

Health Educator

What you should know

A health educator is typically responsible for developing and implementing educational programs and initiatives aimed at promoting public health within the community. These programs may focus on topics such as nutrition, physical activity, disease prevention, managing chronic illness, substance abuse, and mental health.

Why is a Health Educator important?

Health Educators play a crucial role in preventing diseases and injuries by raising awareness about risk factors and promoting preventive measures such as vaccinations, screenings, and safety practices. They empower individuals to make informed decisions about their health and take proactive steps to improve their well-being. By providing education and resources, health educators help people adopt healthy lifestyles and reduce the burden of chronic diseases. They also address health disparities by ensuring that underserved communities have access to accurate health information which can help eliminate barriers to healthcare and promote health equity for all individuals.

For more information on the health education programs Westfield Regional Health Department offers visit: www.westfieldnj.gov/282/Health-Education-Programs

Pride Month

LGBTQ+ Resources

The Westfield Regional Health Department acknowledges Pride Month for LGBTQ+ individuals by providing resources tailored to address the unique health needs and concerns of the LGBTQ+ community, including support networks, healthcare providers, and educational materials.



Click on flyer to view.

Need a COVID-19 test?

Westfield Regional Health
Department regularly supplies
each town's public library with
FREE at home tests.



Blood Pressure Screenings

Free for residents

June 6 & 20 | Garwood Seniors | Knights of Columbus, 36 South Ave, Garwood | 11:30 AM - 12:30 PM

June 11 | Mountainside Seniors | Town Hall
Rt 22 West | 9:15 AM - 10:15 AM

June 25 | Roselle Park Seniors | Casano Center | 11:30 AM - 12:30 PM | Roselle Park Library | 12:40 PM - 1:00 PM

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Men's Health Awareness Month

Men are often hesitant to seek medical assistance for both their physical and mental well-being. June marks Men's Health Awareness Month, dedicated to spotlighting the health challenges confronting men. This observance endeavors to foster understanding about these issues and promote proactive measures such as regular screenings, adopting healthy habits, and addressing mental health needs.

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Prostate Cancer

All men are at risk for prostate cancer

Prostate cancer poses a significant threat to men's health due to its potential to progress unnoticed in its early stages. Out of every 100 American men, about 13 will get prostate cancer during their lifetime, and about 2 to 3 men will die from prostate cancer. Know the [symptoms](#) and talk to your doctor about prostate screening if you're an older adult.

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Healthy Aging for Men

Men's Health Event Near You! (June 6)

Join Tim Jacisin, Clinical Pharmacy Specialist, at Chatham Library as he heightens the awareness of preventable health problems amongst men and encourages early detection and treatment of disease. [Register here.](#)

Water Safety

Drowning is preventable

- Drowning is the leading cause of death for children 1 to 4 years old.
- Drowning happens withing seconds and is often silent.
- Drowning kills about 4,000 people each year in the United States.
- Drowning injuries can also cause brain damage and other serious outcomes.



Water Safety Tips:



Learn basic swimming and water safety skills.



Build fences that fully enclose pools.



Supervise closely when children are in or near water.



[Learn CPR.](#)



Wear a life jacket while boating or around natural water.



Know the risks of natural waters: currents, rip tides, limited visibility, etc.



Avoid alcohol before or during swimming, boating, etc.



Always swim with a buddy or sites that have lifeguards.

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Mosquito-Borne Illnesses

Mosquito activity in New Jersey is typically most active in the summer.

While most mosquito bites are harmless, some mosquito bites in NJ have the potential to transmit diseases such as:

- [Eastern Equine Encephalitis](#)
- [St. Louis Encephalitis](#)
- [West Nile Virus](#)

Mosquito-borne diseases that do not occur in New Jersey but may be identified in travelers returning from other states or countries where these diseases may occur:

- [Chikungunya](#)
- [Dengue](#)
- [Malaria](#)
- [St. Louis Encephalitis](#)
- [Yellow Fever](#)
- [Zika](#)

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Mosquito Control

Prevention tips

1) Use insect repellent with one of the active ingredients listed: DEE, Picaridin, IR3535, Oil of lemon eucalyptus (OLE), Para-menthane-diol (PMD) and 2-undecanone.

2) Take steps to control mosquitoes outside your home. Once a week empty, turn over, or cover items that hold water, such as buckets, planters, birdbaths, trash containers, tires, etc. Mosquitoes lay eggs by water.

3) Wear loose-fitting, long-sleeved shirts and pants. Treat clothing/gear with 0.5% permethrin (boots, tents, etc.).

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Foodborne Illness

Foodborne illness increases in the summer

Foodborne illnesses tend to increase during the summer months because bacteria multiply faster when it's warm. Most foodborne bacteria grow fastest at temperatures from 90 to 110 °F. People also cook outside, away from refrigerators, thermometers, and sinks more often. **Stay healthy and safe by following these food safety guidelines:**

- [Grilling and Food Safety \(USDA\)](#)
- [Smoking Meat and Poultry \(USDA\)](#)
- [Food Safety While Hiking, Camping & Boating \(USDA\)](#)
- [Handling Food Safely While Eating Outdoors \(FDA\)](#)
- [Hot Dogs and Food Safety \(USDA\)](#)
- [How to Grill Safely \(CDC\)](#)

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