



YOUR HEALTH MATTERS



Public Health
Prevent. Promote. Protect.



Inside this issue:

- Flu Season Preparedness
- The Importance of Taking Vitamin D in the Fall
- WIC Clinics & Free Lead Consumer Testing
- Be Safe, Be Seen on Halloween
- Back to School Sports: Injury Prevention Tips
- Health Education Programs

FLU SEASON PREPAREDNESS

As fall arrives, so does flu season, making it crucial to prepare and protect yourself and your loved ones from the influenza virus. The flu can lead to serious health complications, particularly for young children, the elderly, and those with underlying health conditions. Here are key steps to help you stay healthy this flu season.

1. Get Vaccinated Early

The flu vaccine is your best defense against the virus. The Centers for Disease Control and Prevention (CDC) recommends that everyone aged six months and older get vaccinated annually. It's best to get the flu shot early in the fall, before the flu begins spreading in your community, as it takes about two weeks for the vaccine to become fully effective.

2. Practice Good Hygiene

Simple hygiene practices can significantly reduce the risk of spreading the flu. Regularly wash your hands with soap and water, especially after coughing, sneezing, or touching potentially contaminated surfaces. Using hand sanitizer when soap and water aren't available is also effective. Additionally, avoid touching your face, particularly your eyes, nose, and mouth, to minimize the chance of infection.

3. Strengthen Your Immune System

Maintaining a healthy immune system is essential during flu season. A balanced diet rich in fruits, vegetables, and whole grains, along with regular exercise, can help keep your immune system strong. Getting enough sleep and managing stress are also important factors in preventing illness.

4. Stay Home When Sick

If you do catch the flu, stay home to prevent the spread of the virus to others. The CDC advises staying home for at least 24 hours after your fever subsides without the use of fever-reducing medications. This helps reduce the risk of transmitting the flu to coworkers, classmates, and other members of your community.

By following these steps, you can help protect yourself and those around you during flu season, contributing to a healthier, safer community. For more information on protecting yourself against flu, visit:

www.cdc.gov/flu/prevent/actions-prevent-flu.htm

THE IMPORTANCE OF GETTING VITAMIN-D IN THE FALL

As the days get shorter and the sunlight decreases, our bodies' natural production of vitamin D can drop significantly. Ensuring adequate vitamin D intake in the fall can help maintain overall health and well-being as we transition into the colder months. This makes fall an important time to consider vitamin D supplementation.

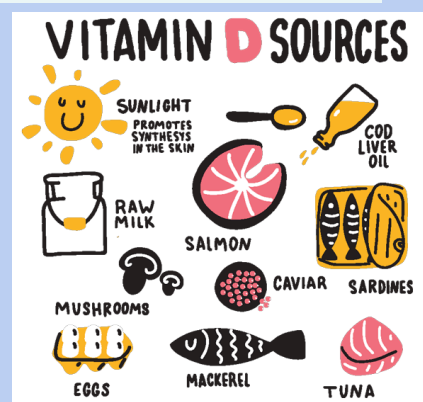
Vitamin D plays a vital role in maintaining bone health, supporting the immune system, and regulating mood. During fall, the reduced exposure to sunlight can lead to lower levels of this essential nutrient, increasing the risk of bone-related issues like osteoporosis and weakening the immune system, making us more susceptible to colds and flu .

Research has also linked low vitamin D levels to Seasonal Affective Disorder (SAD), a type of depression that occurs at the same time each year, usually in the fall and winter months. Supplementing with vitamin D can help mitigate the effects of SAD by supporting serotonin production, a neurotransmitter associated with mood regulation .

Experts recommend that adults aim for a daily intake of 600 to 800 IU of vitamin D, though higher doses may be needed depending on individual health needs and geographic location. It's always best to consult with your healthcare provider before starting any new supplement regimen .

For more information on the importance of taking Vitamin D, visit:

www.mayoclinic.org/drugs-supplements-vitamin-d/art-20363792



MORRIS COUNTY MEDICAL RESERVE CORP

The Morris County Medical Reserve Corps is a well-prepared and trained workforce of volunteers to help protect the community in the event of a public health emergency.

To learn more about the MRC, or to fill out an application, visit:

<https://www.morriscountynj.gov/Residents/Health/Volunteer-for-the-Medical-Reserve-Corps>





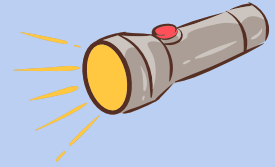
BE SAFE, BE SEEN ON HALLOWEEN



Halloween is a night of fun and excitement for children and families, but it's also important to prioritize safety while trick-or-treating. The combination of dark costumes, low visibility, and busy streets can create hazardous situations. Here are key tips to ensure everyone stays safe and visible this Halloween:

1. Choose Bright, Reflective Costumes

Costume visibility is important, especially for children walking around neighborhoods after dark. Aim for bright or reflective costumes to make it easier for drivers to see trick-or-treaters. If your child's costume is dark, consider adding reflective tape or glow sticks to their outfit. The American Academy of Pediatrics (AAP) recommends incorporating reflective materials into costumes or using flashlights to increase visibility.



2. Use Face Paint Instead of Masks

While masks can be a fun part of many costumes, they can also obstruct a child's vision, making it harder to see oncoming traffic or obstacles. Using non-toxic face paint or makeup instead of masks is a good way to ensure that children have a clear view of their surroundings.



3. Stick to Safe Walking Habits

Children should always walk on sidewalks or paths and avoid crossing the street between parked cars. When crossing streets, use crosswalks and make eye contact with drivers before stepping onto the road. The National Safety Council (NSC) advises parents to remind children to look both ways before crossing and to be extra cautious in areas with heavy traffic.



4. Equip Children with Flashlights or Glow Sticks

Providing children with flashlights or glow sticks can make them more visible to drivers and help them see where they're going.



5. Accompany Young Children

For younger children, it's best to have an adult accompany them while trick-or-treating. This ensures they follow safety guidelines and helps prevent accidents. Older children who are trick-or-treating alone should stick to familiar, well-lit areas and travel in groups.



For more information on Halloween healthy & safety tips, visit:

www.healthychildren.org/English/safety-prevention/all-around/Pages/Halloween-Safety-Tips.aspx



WOMEN, INFANT AND CHILDREN (WIC) CLINICS

The Women, Infants, and Children (WIC) program is a federal assistance program in the United States that provides nutrition education, healthy food, and support to pregnant women, new mothers, and young children. The WIC Program meets the 4th Tuesday of every month at the Denville Township Municipal Building in the community room (1 St Mary's Place) from January 23, 2024 through December 24, 2024.



Morris County Division of Public Health Nurses offer childhood lead screenings at the WIC Clinic. A finger-prick test is conducted to determine if a child has lead in their blood.

For WIC Clinic appointment, please call (973)-754-4575 or (973)-754-4730.

FREE LEAD TESTING FOR CONSUMER ITEMS!



Morris County Division of Public Health in partnership with the Morris County Municipal Utilities Authority is offering free lead testing for consumer items on a quarterly basis.

Lead can be found in toys, jewelry, ceramics, antiques, and collectable items. Testing frequently used items for lead is a major step towards preventing lead exposure.

Another successful event was held on Saturday, June 15, 2024 at the Family Health Day event at the Morris Plains Community Center. Morris County residents can get their home items tested, such as pots, pans, mugs, and glasses. Residents have an option to dispose of items on site or take them back home.

Our next event will be Saturday, October 19, 2024 at the Morris County Library. (11AM-1PM) Details will be posted on our [website](http://www.morriscountynj.gov/Residents/Health/Health-Education). www.morriscountynj.gov/Residents/Health/Health-Education

BACK TO SCHOOL SPORTS: INJURY PREVENTION TIPS

As students have headed back to school, many will be returning to sport activities, making it essential to focus on injury prevention. Taking steps to prevent injuries can ensure a safe and successful season. Here are some key injury prevention tips:

1. Schedule a Pre-Participation Physical Exam

Before the sports season begins, ensure your child has a pre-participation physical exam (PPE). This exam helps identify any underlying health issues that could put them at risk for injury. The American Academy of Pediatrics (AAP) recommends that all student-athletes undergo a PPE to assess their fitness level and determine if they are healthy enough to participate in their chosen sport .

2. Emphasize the Importance of Warm-Ups and Cool-Downs

Proper warm-ups and cool-downs aid in preventing injuries. Warm-ups help increase blood flow to muscles, improve flexibility, and prepare the body for physical activity. Cool-downs aid in gradually reducing heart rate and stretching muscles to prevent stiffness. Young athletes should spend at least 10 to 15 minutes warming up before any physical activity and cooling down afterward .

3. Encourage the Use of Proper Equipment

Using the right protective gear is essential in minimizing the risk of injury. Ensure that your child has the appropriate equipment for their sport, such as helmets, pads, mouth guards, and properly fitted shoes. The equipment should be in good condition and worn correctly during all practices and games.

4. Promote Hydration and Nutrition

Staying hydrated and eating a balanced diet are key components of injury prevention. Dehydration can lead to muscle cramps, dizziness, and heat-related illnesses, particularly during intense physical activities. Encourage your child to drink water before, during, and after practices or games. Additionally, a diet rich in fruits, vegetables, lean proteins, and whole grains can support their overall health and performance.

5. Encourage Rest and Recovery

Rest and recovery are just as important as training. Overtraining can lead to burnout and overuse injuries, such as stress fractures or tendinitis. Ensure your child gets enough sleep, takes rest days, and listens to their body's signals. If they experience pain or discomfort, it's important to address it early and seek medical attention if needed. Young athletes should have at least one to two rest days per week to allow their bodies to recover.

For more information on school sport injury prevention tips:
www.healthychildren.org/English/health-issues/injuries-emergencies/sports-injuries/Pages/Sports-Injuries-Treatment.aspx



WHAT HEALTH EDUCATION PROGRAMS DOES THE MORRIS COUNTY DIVISION OF PUBLIC HEALTH OFFER?

- **Healthy Kids "R" Us Program (4-Weeks)**

About the Program: It is important to implement a healthy lifestyle at a young age. This 4-week program will work to shine a positive light on healthy eating in pre-school students. Each week, students will be introduced to new fruits and vegetables with coloring and various "hands-on" educational activities. Food safety will be introduced by recapping the importance of handwashing and preventing the spread of germs.

To schedule, contact Kristina Favo (973)-631-5489

- **S.P.R.A.Y Vector Borne Disease Outreach & Prevention Program**

About the program: S.P.R.A.Y is a community-based health initiative designed to educate the community about mosquito or tick borne diseases and prevention through the easy to remember acronym which represents effective prevention measures.

To schedule, contact Rebecca Emenuga (973)-285-6063

Proper Prescription Drug Disposal Program

About the program: Proper prescription drug disposal is essential for preventing misuse, protecting the environment, and ensuring community safety. This presentation will educate individuals on how to safely discard unused or expired medications at designated locations, such as pharmacies or law enforcement agencies, or at home with the use of *Deterra (drug disposal pouches)*.

To schedule, contact Imge Uludogan (973)-682-4940

WHO IS MY LOCAL HEALTH DEPARTMENT?



Morris County has 15 different health departments that serve it's 39 municipalities. Many health departments cover numerous towns. To see which is your local health department, visit:

<https://www.state.nj.us/health/lh/documents/LocalHealthDirectory.pdf>



Public Health
Prevent. Promote. Protect.

**A BIANNUAL NEWSLETTER
FROM THE MORRIS COUNTY
DIVISION OF PUBLIC
HEALTH**

Important Numbers

GENERAL

NJ211

2-1-1

North Jersey Red Cross

(973) 538-2160

Poison Information

1-800-222-1222

Mental Health Hotline

1-877-294-4357

MORRIS COUNTY

Division of Public Health

973-631-5484

Emergency Management

973-829-8600

Sheriff's Office

973-285-6600

Prosecutor's Office

973-285-6200

NEW JERSEY

Communicable Disease Service

1-609-826-5964

State Police

1-609-882-2000

Address

**Morris County Division of Public
Health**

P.O. Box 900

634 West Hanover Avenue

Morristown, NJ, 07961

 health.morriscountynj.gov/

The mission of the Morris County Division of Public Health is to promote public health, to prevent the spread of disease, and to protect the environment, through awareness, compliance, education, training, and emergency response.

Contributing Writer:

Imge Uludogan, MPH, CHES

Your Health Matters is not copyrighted. Any or all parts may be reproduced without permission. However, an acknowledgment of the source would be appreciated. The following resources were used as references in this addition: John Hopkins Medicine, American Academy of Dermatology, The Cleveland and Mayo Clinic.

Reference to any site on the internet is provided as a service to readers and does not constitute or imply endorsement of the information on the web site by the Morris County Division of Public Health. The Morris County Division of Public Health is not responsible for the content of the pages found at these sites.

