



WEST CALDWELL HEALTH DEPARTMENT

SERVING WEST CALDWELL, NORTH CALDWELL & FAIRFIELD

OUTDOOR ACTIVITIES & WEATHER CHANGES



SOIL, GARDENING & YOUR HEALTH

ARE YOU WONDERING WHAT YOU CAN DO TO KEEP SAFE FROM LEAD? ARE YOU CONCERNED ABOUT SAFE GARDENING IN YOUR HOME OR COMMUNITY? READ ON FOR MORE INFORMATION ABOUT THESE HEALTH FACTORS.



CLICK HERE FOR LEAD FAQs. FOR MORE INFORMATION ABOUT POTENTIAL LEAD EXPOSURE IN SOIL, YARDS AND PLAYGROUNDS, CLICK HERE.



CLICK HERE FOR INFORMATION ON GROWING GARDENS IN URBAN SOILS.

TICK SEASON IN NEW JERSEY IS UPON US. A MOIST SPRING FOLLOWING A WET WINTER RESULTS IN DENSE VEGETATION IN PLACES WHERE TICKS CAN THRIVE: FIELDS, WOODS AND BACKYARDS. SCAN THE QR CODES BELOW FOR MORE INFORMATION ON HOW TO STAY SAFE AND PREVENT POTENTIAL TICKBORNE DISEASES.



THE FEDERAL EMERGENCY MANAGEMENT AGENCY (FEMA) HAS CREATED THE MY RAIN GARDEN COLORING BOOK TO HELP CHILDREN LEARN HOW RAIN GARDENS HELP MAKE THE COMMUNITY A SAFE PLACE. SCAN THE QR CODE TO ACCESS THE COLORING BOOK!

SCAN THE QR CODE BELOW FOR NATIONAL WEATHER SERVICE SAFETY TIPS!





May IS...

NATIONAL ASTHMA & ALLERGY AWARENESS MONTH



DID YOU KNOW THAT MORE THAN 100 MILLION PEOPLE IN THE U.S. HAVE ASTHMA AND/OR ALLERGIES? MAY IS A PEAK MONTH FOR PEOPLE WITH ASTHMA AND ALLERGIES AND A PERFECT TIME TO EDUCATE PATIENTS, FAMILY, FRIENDS, CO-WORKERS AND OTHER PEOPLE ABOUT ALLERGIC DISEASES. [CLICK HERE](#) TO LEARN MORE FROM THE ASTHMA AND ALLERGY FOUNDATION OF AMERICA (AAFA).

NATIONAL NURSES WEEK: MAY 6 - MAY 12



NATIONAL NURSES WEEK 2024 IS CELEBRATED MAY 6 - MAY 12. WHETHER YOU'RE A HEALTH CARE PROFESSIONAL, A PATIENT OR SIMPLY SOMEONE WHO APPRECIATES NURSES' DEDICATION, THIS IS YOUR CHANCE TO EXPRESS GRATITUDE AND SUPPORT FOR THEIR CAPABILITY AND FORTITUDE! READ MORE [HERE](#).

NATIONAL WOMEN'S HEALTH WEEK

NATIONAL WOMEN'S HEALTH WEEK STARTS EACH YEAR ON MOTHER'S DAY. THERE'S A LOT THAT YOU CAN DO TO MAKE YOUR HEALTH A PRIORITY - FROM PRACTICING HEALTHY HABITS TO MAKING AND KEEPING ALL HEALTH CARE APPOINTMENTS.

[CLICK HERE](#) FOR SOME TIPS FROM THE CDC.



THE ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT IS HOLDING A WOMEN'S HEALTH EVENT IN THE MONTH OF MAY! SEE BELOW AND SCAN THE QR CODE FOR DETAILS.

ESSEX COUNTY BRANCH BROOK PARK

Cherry Blossom Welcome Center:
Between Heller Parkway & Mill Street, Newark, NJ 07104

Wednesday May 8, 2024
1:00 PM - 6:00 PM



MINDFUL CORNER - MAY IS MENTAL HEALTH AWARENESS MONTH

MY MENTAL HEALTH: DO I NEED HELP?

DETERMINE HOW MUCH YOUR SYMPTOMS INTERFERE WITH YOUR DAILY LIFE. [CLICK HERE](#) TO LEARN MORE.

MENTAL HEALTH AWARENESS MONTH

MENTAL HEALTH AWARENESS MONTH WAS ESTABLISHED IN 1949 TO INCREASE AWARENESS OF THE IMPORTANCE OF MENTAL HEALTH AND WELLNESS IN AMERICANS' LIVES AND TO CELEBRATE RECOVERY FROM MENTAL ILLNESS. FOR THE PAST 20 YEARS, THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA) HAS RECOGNIZED MENTAL HEALTH AWARENESS MONTH EVERY MAY TO INCREASE AWARENESS ABOUT THE VITAL ROLE MENTAL HEALTH PLAYS IN OUR OVERALL HEALTH AND WELL-BEING. SCAN THE QR CODE BELOW TO LEARN MORE.



MAY
is
MENTAL HEALTH
AWARENESS MONTH

