



# JULY 2024 | VOLUME 31



## WEST CALDWELL HEALTH DEPARTMENT

SERVING WEST CALDWELL, NORTH CALDWELL & FAIRFIELD

**QUARTERLY NEWSLETTER BEGINNING JULY 2024**



### CREATING YOUR EMERGENCY COMMUNICATION PLAN



AS TIME GOES ON, CLIMATE CHANGE IS CAUSING MORE EXTREME WEATHER EVENTS. THE AMERICAN RED CROSS EMERGENCY APP PROVIDES STEP-BY-STEP GUIDES TO HELP YOU AND YOUR LOVED ONES PREPARE FOR EMERGENCIES ACCORDINGLY. [CLICK HERE](#) TO DOWNLOAD THE APP OR TEXT "GETEMERGENCY" TO 90999.



### EXTREME HEAT AND YOUR HEALTH



HEAT-RELATED DEATHS AND ILLNESSES ARE PREVENTABLE. DESPITE THIS FACT, APPROXIMATELY 1,220 PEOPLE IN THE UNITED STATES DIE FROM HEAT-RELATED ILLNESSES EACH YEAR. [CLICK HERE](#) FOR HELPFUL TIPS, INFORMATION AND RESOURCES TO HELP YOU STAY SAFE IN THE EXTREME HEAT THIS SUMMER.

#### FIRST AID FOR HEAT ILLNESS

SYMPTOMS CAN OCCUR IN ANY ORDER. YOU DON'T NEED TO HAVE ALL OF THE SYMPTOMS IN A CATEGORY TO HAVE HEAT ILLNESS. [CLICK HERE](#) TO READ ABOUT SYMPTOMS AND TREATMENT.



### PESTS OF SUMMER: MOSQUITOES AND TICKS



EVERYONE CAN HELP CONTROL MOSQUITOES. LEARN ABOUT THE IMPORTANCE OF MOSQUITO CONTROL, COMMUNITY-LEVEL CONTROL EFFORTS, AND WHAT YOU CAN DO TO MAKE A DIFFERENCE AT HOME [HERE](#).

LYME DISEASE IS A BACTERIAL INFECTION PRIMARILY TRANSMITTED BY DEER TICKS OR BLACKLEGGED TICKS. [CLICK HERE](#) TO READ 10 OUTDOOR SAFETY TIPS WHEN IT COMES TO TICKS. SCAN THE QR CODE BELOW TO VIEW THE LYME DISEASE SYMPTOMS CHECKLIST AND BE SURE TO SHARE YOUR RESPONSES WITH YOUR PHYSICIAN.





## PROTECTING YOURSELF FROM SUN EXPOSURE



ANYONE WORKING OUTDOORS IS EXPOSED TO THE SUN'S ULTRAVIOLET (UV) RAYS. UV RAYS ARE A PART OF SUNLIGHT THAT IS AN INVISIBLE FORM OF RADIATION. THERE ARE THREE TYPES OF UV RAYS:

- (1) UVA IS BELIEVED TO DAMAGE CONNECTIVE TISSUE AND INCREASE THE RISK FOR DEVELOPING SKIN CANCER.
- (2) UVB PENETRATES LESS DEEPLY INTO THE SKIN, BUT CAN STILL CAUSE SOME TYPES OF SKIN CANCER.
- (3) NATURAL UVC IS ABSORBED BY THE ATMOSPHERE AND DOES NOT POSE A RISK.

[CLICK HERE TO READ MORE FAST FACTS FROM THE NATIONAL INSTITUTE FOR OCCUPATIONAL SAFETY AND HEALTH \(NIOSH\).](#)



## PROTECTING YOURSELF FROM STINGING INSECTS

OUTDOOR WORKERS ARE AT RISK OF BEING STUNG BY FLYING INSECTS (BEES, WASPS AND HORNETS) AND FIRE ANTS. WHILE MOST STINGS CAUSE ONLY MILD DISCOMFORT, SOME MAY RESULT IN SEVERE ALLERGIC REACTIONS THAT REQUIRE IMMEDIATE MEDICAL CARE. [CLICK HERE TO READ MORE ON STINGING INSECTS FROM THE NATIONAL INSTITUTE FOR OCCUPATIONAL SAFETY AND HEALTH \(NIOSH\).](#)



## MINDFUL CORNER - A MEDITATION SERIES (SUMMER BLOOM GUIDED MEDITATION)



THE NATIONAL CENTER ON HEALTH, PHYSICAL ACTIVITY AND DISABILITY (NCHPAD) IS A PUBLIC HEALTH PRACTICE AND RESOURCE CENTER FOCUSING ON HEALTH PROMOTION, WELLNESS AND QUALITY OF LIFE OF PEOPLE WITH DISABILITIES. NCHPAD SUPPORTS LOCAL, STATE AND NATIONAL ORGANIZATIONS IN ADOPTING GUIDELINES, RECOMMENDATIONS AND ADAPTATIONS THAT PROMOTE THE INCLUSION OF CHILDREN AND ADULTS WITH MOBILITY LIMITATIONS IN PUBLIC HEALTH PRACTICES. SPECIFICALLY, NCHPAD'S GOAL IS TO DEVELOP THE INFRASTRUCTURE TO SUPPORT THE ACCESSIBILITY AND INCLUSION OF PEOPLE WITH DISABILITIES IN EXISTING AND FUTURE PUBLIC HEALTH PROMOTION PROGRAMS GEARED TOWARD IMPROVING THEIR PHYSICAL ACTIVITY, NUTRITION AND HEALTHY WEIGHT MANAGEMENT.

[CLICK HERE FOR A BRIEF SUMMER MEDITATION VIDEO!](#)

