

Your Health Matters



Public Health
Prevent. Promote. Protect.

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BE AWARE FOR SUMMER BUG BITES!

An important part of enjoying outdoors is protecting yourself from infected ticks and mosquitoes that may lead to vector-borne diseases such as West Nile Virus, Zika, Lyme Disease, or Babesiosis, just to name a few. The best way of protecting yourself is to avoid being bitten by doing the following:

How to Prevent Mosquito Bites:

1. Apply EPA registered insect repellents with DEET.
2. Wear long-sleeved shirts and long pants.
3. Treat clothing and gear with permethrin.
4. Control mosquitoes inside and outside of the home: Turn over standing water, keep doors and windows closed, and use windows/door screens.
5. Know mosquito infected regions when traveling overseas.



How to Prevent Tick Bites:

1. Know where ticks are located including grassy, bushy, or wooded areas.
2. Always walk in the center of trails.
3. Keep your yard clean: Mow the lawn, clear brush, and remove leaf litter.
4. Apply EPA insect repellent with DEET.
5. Wear long-sleeved shirts and pants.
6. Shower after being outdoors to wash unattached ticks.
7. Inspect for ticks on your body.



For further information about mosquitoes, please visit:
<https://www.nj.gov/health/cd/topics/vectorborne.shtml>

Skin Cancer Prevention

Skin cancer is the most common type of cancer in the United States, but it is also highly preventable. By adopting a few simple habits and making sun safety a priority, you can significantly reduce your risk of developing skin cancer.

Follow these key tips for Skin Cancer Prevention:

Seek Shade:

- Limit your exposure to the sun, especially between 10 a.m. and 4 p.m. when the sun's rays are the strongest.
- Seek shade under trees, umbrellas, or other forms of shelter to reduce direct sun exposure.



Wear Protective Clothing:

- Cover your skin with clothing, such as long-sleeved shirts, long pants, and wide-brimmed hats.
- Choose lightweight and tightly woven fabrics that provide better protection against harmful UV rays.

Apply Sunscreen:

- Use sunscreen with a broad spectrum (UVA/UVB) and an SPF (sun protection factor) of 30 or higher.
- Apply sunscreen generously to all exposed skin areas, including the face, neck, ears, and hands.
- Reapply sunscreen every two hours or immediately after swimming or sweating.

Use Sunglasses:

- Wear sunglasses that block both UVA and UVB rays to protect your eyes from harmful radiation.
- Look for sunglasses labeled as offering 100% UV protection.



Avoid Indoor Tanning:

- Indoor tanning devices emit harmful UV radiation and increase the risk of skin cancer.

Check Your Skin Regularly:

- Perform regular self-examinations of your skin to identify any changes or new growths.
- Look for any suspicious moles, sores, or lesions that have changed in size, shape, or color.
- Consult a dermatologist if you notice any concerning changes on your skin.

For more information on Skin Cancer Prevention, visit:

https://www.cdc.gov/cancer/skin/basic_info/prevention.htm

Firework Safety Tips

It's that time of year when Americans everywhere will be celebrating the Fourth of July holiday with family, friends, and fireworks. Unfortunately, over the past 15 years, there has been an increase in the number of people injured during this festive time. A new report by the U.S. Consumer Product Safety Commission (CPSC) finds a significant upward trend in fireworks-related injuries. Between 2006 and 2021, injuries with fireworks climbed 25% in the U.S. according to CPSC estimates.

Follow these tips to celebrate with fireworks safely:

- Never allow young children to play with or ignite fireworks, including sparklers. Sparklers burn at temperatures of about 2,000 degrees Fahrenheit—hot enough to melt some metals.
- Keep a bucket of water or a garden hose handy, in case of fire or other mishaps.
- Light fireworks one at a time, then move away from the fireworks device quickly.
- Never try to relight or handle malfunctioning fireworks. Soak them with water and throw them away.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Move to a safe distance immediately after lighting fireworks.
- Never point or throw fireworks (including sparklers) at anyone.
- After fireworks complete their burning, to prevent a trash fire, douse the firework with plenty of water from a bucket or hose before discarding.



For more information on Firework Safety, visit:

<https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Fireworks>

Morris County Medical Reserve Corp

The Morris County Medical Reserve Corps is a well-prepared and trained workforce of volunteers to help public health 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>



Grilling Safety and Tips

When the warmer weather hits, there's nothing better than the smell of food on the grill. Seven out of every 10 adults in the U.S. have a grill or smoker, which translates to a lot of tasty meals. But it also means there's an increased risk of home fires. In 2017-2021, U.S. fire departments responded to an average of 11,421 home fires involving grills, hibachis, or barbecues per year, including an average of 5,763 structure fires and 5,659 outside or unclassified fires.

SAFETY TIPS

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under leaves and overhanging branches.
- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it.



CHARCOAL GRILLS

- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord which has proper prongs and is rated for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.



For more information on grilling safety, visit:

<https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Seasonal-fire-causes/Grilling>

Who is my Local Health Department?



Morris County has 12 different health departments that serve its 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>



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Best In-Season Fruits and Vegetables for This Summer!

While enjoying fun summer festivities, it is important to remember to incorporate fruits and vegetables to your everyday diet. According to the United States Department of Agriculture (USDA), adults should consume 1-2 cups of fruits (fresh, dried or 100% fruit juice) and 2-3 cups of vegetables (cooked, raw, or leafy greens) per day. Here are some in season fruits and vegetables for this summer:

Strawberries

Strawberries are the most popular of all berries and make a great snack. They provide a good source of fiber, vitamins C and A.

Summer Squash

Summer squash is high in vitamin C and is free of fat, sodium, and cholesterol. Summer squash is often cooked, however may be eaten raw with a salad or some sort of vegetable dip.

Corn

Corn is high in vitamin C, which helps protect your cells from damage and diseases like cancer or heart disease. Corn is also beneficial for eye health.

Melons (cantaloupe and honeydews)

Melons, such as cantaloupe and honeydew are free of fat, sodium, and cholesterol and a good source of vitamins C, A and potassium.

Stone Fruits (peaches, plums, nectarines)

Fresh stone fruits, such as peaches, plums and nectarines make a great snack and can be added to cereals, salads, and smoothies. They are also a good source of vitamins A and C.

Tomatoes

Tomatoes are in the fruit family, however, are served and prepped as a vegetable. Tomatoes are eaten both raw and cooked and make a great additive to side dishes and salads. They are a great source of vitamins A and C and are free of fats and cholesterol.

Watermelon

Watermelons are predominately made of water, which can serve as a great source of hydration while taking in Vitamins A and C.

Zucchini

Zucchini is packed with many important vitamins, minerals, and antioxidants. They can be eaten raw or cooked and make a great snack or side dish.

Grapes

Grapes are about 80% water, making them a delicious low-calorie snack or dessert. Grapes are a good source of fiber and potassium.

For more information on fruits, vegetables, and healthy eating, please visit:

<https://www.myplate.gov/>



**A BIENNIAL
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

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.

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