



# YOUR HEALTH MATTERS



Public Health  
Prevent. Promote. Protect.



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## MANAGING YOUR SPRING ALLERGIES

Spring means flower buds and blooming trees, it also means sneezing, congestion, a runny nose and other symptoms. Seasonal allergies may make you miserable, but before you settle for plastic flowers and artificial turf, try these simple strategies to keep your seasonal allergies under control.

### Reduce your exposure to allergy triggers

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Avoid lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside as pollen can stick to sheets and towels.
- Wear a face mask if you do outside chores.

### Take extra steps when pollen counts are high



- Check your local TV or radio station, your local newspaper, or the internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night if possible or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

**For more information on how to handle your seasonal allergies, visit:**

[www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343](http://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343)

## SPRING CLEANING AND POSITIVE MENTAL HEALTH IMPACTS

### ✓ Feeling of accomplishment

Spring cleaning is a kind of ritualized behavior, our own act of starting new to accompany the themes of spring. Plus, our brains like it when we finish what we've started. So, when a task is accomplished, our brains feel good, which reduces tension.

### ✓ Destressing

Feeling overworked and overwrought? Some people find cleaning to be a soothing way to work out their stress. By constantly looking at everything that needs to be cleaned, you can induce stress without even realizing it, by minimizing those visual cues, you can alleviate some stress.

### ✓ Boosts your mood

Having a clean and organized home means you know where everything is, which can help you feel in control. Studies have shown that clean sheets and an organized room can lead to a better night of sleep, which ultimately leads to a handful of mental and emotional health benefits including a better overall mood.

### ✓ Improves your focus

By removing any potential distractions, your mind can better focus on specific tasks at hand, especially if you work from home. By organizing and cleaning your environment, research has shown that you can actually become more productive, increase your ability to retain information, boost your concentration and improve your critical thinking skills.

### ✓ Gets you moving

Cleaning the windows and vacuuming the living room can actually get those endorphins pumping. The act of cleaning itself is a physical act, so depending on how vigorously you're cleaning, you may actually get in a bit of a workout. Cleaning your house isn't a substitute for exercise but is good for your body to be up and moving around and walking back and forth as you put things away.

**For more information on the benefits of spring cleaning, visit:**

[health.clevelandclinic.org/why-spring-cleaning-isnt-just-good-for-your-home-but-your-mood-too](https://health.clevelandclinic.org/why-spring-cleaning-isnt-just-good-for-your-home-but-your-mood-too)

## 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:

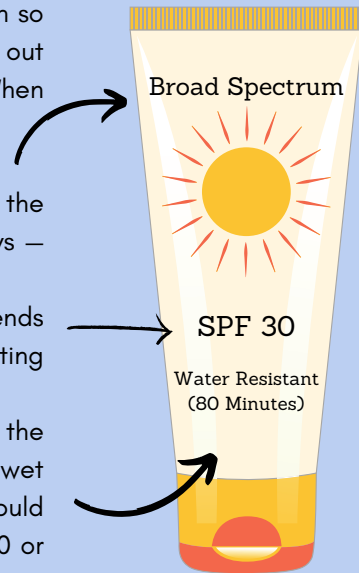
<https://www.morriscountynj.gov/Residents/Health/Volunteer-for-the-Medical-Reserve-Corps>



## WHAT TO LOOK FOR WHEN SELECTING A SUNSCREEN

Did you know that today's sunscreens can help prevent sunburns, skin cancer, and premature skin aging, like wrinkles and age spots? Yet with so many sunscreens available, it can be overwhelming trying to figure out which sunscreen offers the best protection for you and your family. When selecting a sunscreen, make sure the label says:

- **Broad spectrum:** The words "broad spectrum" means that the sunscreen can protect your skin from both types of harmful UV rays – the UVA (aging) rays and the UVB (burning) rays.
- **SPF 30 or higher:** The American Academy of Dermatology recommends that you select a sunscreen with a Sun Protection Factor (SPF) rating of 30 or higher.
- **Water resistant:** Dermatologists also recommend that you look for the words "water resistant." This tells you that the sunscreen will stay on wet or sweaty skin for a while before you need to reapply (sunscreens should always be reapplied every 2 hours). Water resistance lasts either 40 or 80 minutes. Not all sunscreens offer water resistance.



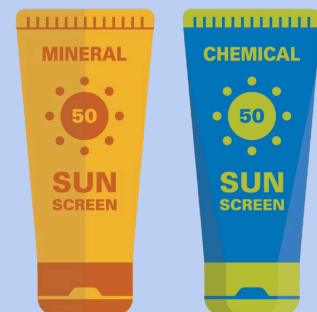
### Unsure if you should choose a chemical or mineral sunscreen?

**A chemical sunscreen:** Protects you by absorbing the sun's rays. It may contain one or more of many possible active ingredients, including oxybenzone or avobenzone.

**A physical (mineral) sunscreen:** Protects you by deflecting the sun's rays, and sometimes, also absorbing them. The active ingredients in physical sunscreen are titanium dioxide and/or zinc oxide.

Some sunscreens use both types of active ingredients, so they contain one or more active ingredients found in physical sunscreen and chemical sunscreen.

You'll find the list of active ingredients that a sunscreen contains on the container under the heading "active ingredients." If you are concerned about certain sunscreen ingredients, look for a sunscreen that contains different active ingredients.



### For more information on selecting a sunscreen, visit:

[www.aad.org/public/everyday-care/sun-protection/shade-clothing-sunscreen/how-to-select-sunscreen](http://www.aad.org/public/everyday-care/sun-protection/shade-clothing-sunscreen/how-to-select-sunscreen)



## 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 screening through appointments. A finger-prick test is completed 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 your frequently used items for lead is a major step towards preventing lead exposure.



Another successful event was held on Saturday, April 13, 2024 at the Mt. Zion Church Health Fair. Morris County residents can come to 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 June 15, 2024! Details will be posted on our [website](http://www.morriscountynj.gov/Residents/Health/Health-Education).  
[www.morriscountynj.gov/Residents/Health/Health-Education](http://www.morriscountynj.gov/Residents/Health/Health-Education)

### WAYS FARMERS MARKETS CAN LEAD TO A HEALTHIER LIFE

Fresh fruits and veggies provide a host of health benefits, including reducing blood pressure, lowering the risk of heart disease and stroke, and regulating blood sugar levels. Shopping at farmers markets offers the added advantage of accessing locally grown, seasonal produce, which tends to be fresher and tastier.

Fiber, which is mainly found in plant-based foods, supports gut health and bolsters the immune system. This is crucial since a significant portion of our immune system resides in the gut. A varied diet, including a diverse range of fruits and vegetables, ensures you get all the essential nutrients your body needs. Examples of nutrient-rich produce include apples for fiber and digestion, avocados for heart-healthy fats, blueberries for antioxidants, carrots for vision health, butternut squash for blood sugar regulation, and kale for bone health.

Farmers markets provide convenient payment options, making fresh produce accessible to all, and also offer the social benefit of fostering community connections.

**For more information on the benefits of Farmers Markets, visit:**

[www.hopkinsmedicine.org/health/wellness-and-prevention/health-benefits-of-farmers-markets](http://www.hopkinsmedicine.org/health/wellness-and-prevention/health-benefits-of-farmers-markets)



**Visit one of these Farmers Markets in Morris County:**

Morris Plains Farmers Market is open every Saturday from June 8th to October 12th, 9AM-1PM. Merchant Block (Next to Model Railroad Club Building). The market features fresh farm produce, baked goods, coffee vendors, kids activities and more!

The Denville Farmers Market is open year round! Open every Sunday from 8:30AM-1:30PM at the Bloomfield Ave. parking lot in downtown Denville, NJ. The market features 25+ vendors ranging from artisan products and food vendors to local farms.

***Don't Forget Your Reusable Bags!***





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

- **Chronic Disease Self-Management Program (CDSMP) (6-Weeks)**

About the program: The Chronic Disease Self-Management Program (CDSMP) is a workshop for adults with at least one chronic health condition, which may include arthritis. It focuses on disease management skills including decision making, problem-solving, and action planning. **To schedule, contact Imge Uludogan (973)-682-4940**

- **Cancer Thriving and Surviving (CTS) (6-Weeks)**

About the program: Cancer Thriving and Surviving (CTS) covers both the physical aspect of managing cancer as well as the emotional aspect of coping with cancer. Resources, skills and action planning contribute to having a greater sense of control over living with cancer. Caregivers/support people are welcome at the workshops and are encouraged to participate as well. **To schedule, contact Imge Uludogan (973)-682-4940**

*Both workshops are presented by (2) trained leaders and are held in community settings (libraries, community centers, and churches) for 10-16 individuals. Textbooks are provided for each participant to use as a resource throughout the workshop. Participants are encouraged to attend all 6 sessions. Classes are fun and interactive. Participants share their successes and build a common source of support. The workshop builds confidence around managing health, staying active, and enjoying life.*

- **Healthy Bones (24-Weeks)**

About the program: It is a 24-week exercise and education program for people who have osteoporosis or osteopenia. Its goal is to reduce the risk of falls and fractures, improve balance and bone strength, and encourage a bone-healthy lifestyle. **To schedule, contact Kristina Favo (973)-631-5489 or Imge Uludogan (973)-682-4940**

- **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**

### WHO IS MY LOCAL HEALTH DEPARTMENT?



Morris County has 15 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>



**Public Health**  
Prevent. Promote. Protect.

**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***

***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/](http://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:**

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