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Public Health
Prevent. Promote. Protect.

WEST CALDWELL HEALTH DEPARTMENT

The official monthly newsletter from the
Health Department

WEST CALDWELL

NORTH CALDWELL

FAIRFIELD



CREATING YOUR EMERGENCY COMMUNICATION PLAN

When disaster strikes, it is important to know your family or work emergency communication and action plan.

Knowing what type of disasters affect the area in which you live and work is vital to a successful emergency communication and action plan. This summer, schedule time with your family and co-workers to develop a plan before severe weather hits!

Here are some great resources that can help guide you in making your emergency plan:

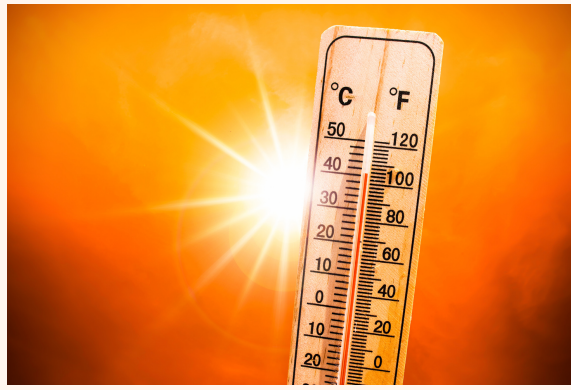
<https://www.ready.gov/sites/default/files/2021-04/family-emergency-communication-plan.pdf>

<https://www.ready.gov/plan>

https://www.ready.gov/sites/default/files/2021-06/ready_12-ways-to-prepare_postcard.pdf

https://www.ready.gov/sites/default/files/2021-02/ready_checklist.pdf

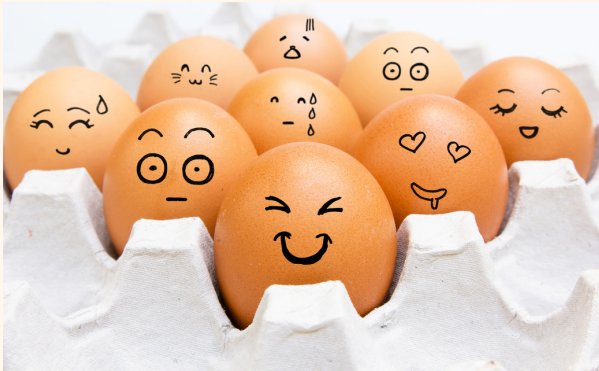
July 5, 2022



HEAT SAFETY

Excessive heat is a significant risk to community members health and can lead to heat stroke and heat exhaustion and even death. Before venturing out this summer head over to [weather.gov](https://www.weather.gov/media/owlie/HeatSafety-OnePager-11-29-2018.pdf) for heat safety tips!

<https://www.weather.gov/media/owlie/HeatSafety-OnePager-11-29-2018.pdf>



EMOTIONAL CHECKIN

Every now and then its vital to do an emotional wellness checkin. Doing so will help you to handle all of life stressors that life has as well as adapt to change and difficulties. Visit: <https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/emotional-wellness-checklist-2021-2.pdf> for a great checklist on how to have a successful emotional checkin.



PESTS OF SUMMER: MOSQUITOS

Unfortunately, mosquitos are notorious for taking bites out of summer fun. Mosquito bites carry the danger of Zika and West Nile viruses as well as other mosquito borne illnesses. Before going out to the camp site or lounging in your backyard, check out the National Safety Councils tips to reduce the risk of being bit by a mosquito.

<https://www.cdc.gov/mosquitoes/mosquito-control/athome/index.html>

COVID VACCINES FOR CHILDREN AND ADULTS

If you are interested in the COVID vaccine for you or your child, either link the link or scan the QR code with the camera on your phone, you will be linked to the Essex County vaccination webpage with the latest hours and locations.

<https://essexcountynj.org/covid-19-vaccine-locations/>



MEDITATION CORNER

Interested in a daily mindful meditation check in? We have the right place for you!

<https://www.mindful.org/a-daily-mindful-check-in-practice/>

This link above is a great resource for a quick, daily, three minute checkin on how to tune into the present moment and acknowledge wandering thoughts.



Community Resources

THE COVID-19 PANDEMIC HAS IMPACTED INDIVIDUALS IN OUR COMMUNITY DIFFERENTLY.

IF YOU ARE IN NEED, THERE ARE COMMUNITY RESOURCES AVAILABLE.

SEE BELOW FOR RESOURCES THAT MAY BE OF ASSISTANCE TO YOU:

- NJ Hope and Healing
 - Free resiliency support for you and your family. Offer ways to cope and manage stress during the COVID-19 pandemic. Offer free virtual services for individuals, families and employers
 - 1-855-499-4325
 - <https://www.centerffs.org/our-services/counseling-behavioral-health/new-jersey-hope-and-healing>
- National Suicide Prevention Hotline
 - Free confidential support, 24/7, for individuals going through emergencies and coping with suicidal thoughts.
 - 1-800-273-8255
 - <https://suicidepreventionlifeline.org>
- Crisis Text Line
 - Mental health support and crisis intervention available 24/7 through text messaging.
 - Text: HOME to 741741
 - <https://www.crisistextline.org>
- Addictions Hotline of NJ
 - Provides 24/7 assistance for those suffering from substance abuse disorders.
 - 1-800-238-2333
- NJ Connect
 - Peer specialists trained to speak to those who need counseling, access to treatment and answers about recovery
 - 855-652-3737
 - TTY: 877-294-4356
 - <https://www.njconnectforrecovery.org>
- NJ 2-1-1
 - Resource hotline designed to connect community members with resources such as food, utilities, affordable housing, rental assistance, child care, senior needs and COVID-19 related issues. Service is available 24/7
 - 2-1-1
 - Text: your ZIP code to 989-211
- Essex County Special Transportation System
 - Individuals who are 60 years of age and older, as well as those who are 18 years or older and permanently disabled are eligible. Transportation for both medical and other types of appointments available
 - 973-618-1280
 - <https://www.fairfieldnj.org/notices/essex-county-senior-transportation-services.pdf>
- NJ Transit Access Link (ADA Paratransit)
 - Shared ride service. There is a fee to ride. Service can be utilized for all purpose of travel including travel to places of employment, education, recreation and medical appointments
 - 973-491-4224
 - <https://www.njtransit.com/accessibility/access-link-ada-paratransit>
- New Jersey Poison Information and Education System
 - Trained healthcare professionals available 24/7 to answer poisoning questions and emergencies
 - 800-222-1222
 - Text: 973-339-0702
 - <https://www.njpies.org/about-njpies/>