

West Caldwell Health Department

SERVING WEST CALDWELL, NORTH CALDWELL, AND FAIRFIELD

The Official Newsletter from the Health Department

October is National Breast Cancer Awareness Month!

Breast Cancer and Wellness Screenings

October is National Breast Cancer awareness month! Connie Dwyer Breast Center is offering free breast and women's health screenings this October and November. Learn more at

<https://www.smmcnj.com/events-calendar/event-details/?Event=16215>

Breast cancer screening and treatment:
One size doesn't fit all.



LEARN MORE: WWW.CDC.GOV/CANCER/BREAST



M E N T A L

H E A L T H

M A T T E R S

Mental Health Awareness Month

October is mental health awareness month, and the beginning of Seasonal Affective Disorder (SAD) season. Learn the signs, symptoms, and how to prevent SAD at:

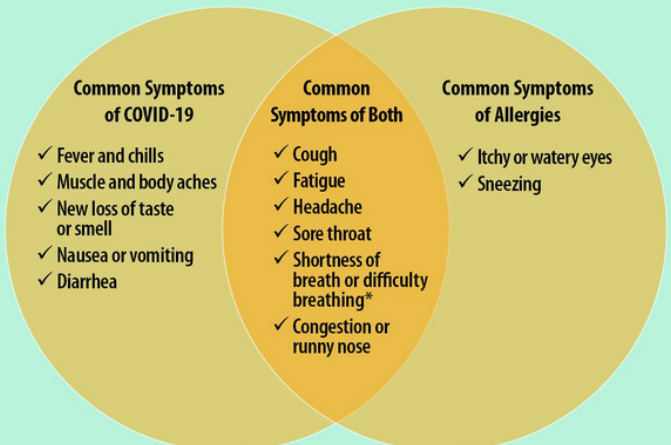
<https://www.nimh.nih.gov/sites/default/files/document/s/health/publications/seasonal-affective-disorder/seasonal-affective-disorder-sad-more-than-the-winter-blues.pdf>

Allergies? Cold? COVID?

The start of Autumn signals the start of sniffle season! Between allergies, colds, and COVID-19, it can be hard to know what is the cause of your bug. To help determine the source of your sniffle, visit:

https://www.state.nj.us/health/cd/documents/to pics/NCOV/COVID-19_symptoms_illness_comparison_cdc.pdf

COVID-19 and Seasonal Allergies



*Seasonal allergies do not usually cause shortness of breath or difficulty breathing, unless a person has a respiratory condition such as asthma that can be triggered by exposure to pollen.





Halloween Candy Safety

This Halloween, keep your kids safe by checking their candy for potentially harmful tricks that look like treats. Learn

more at

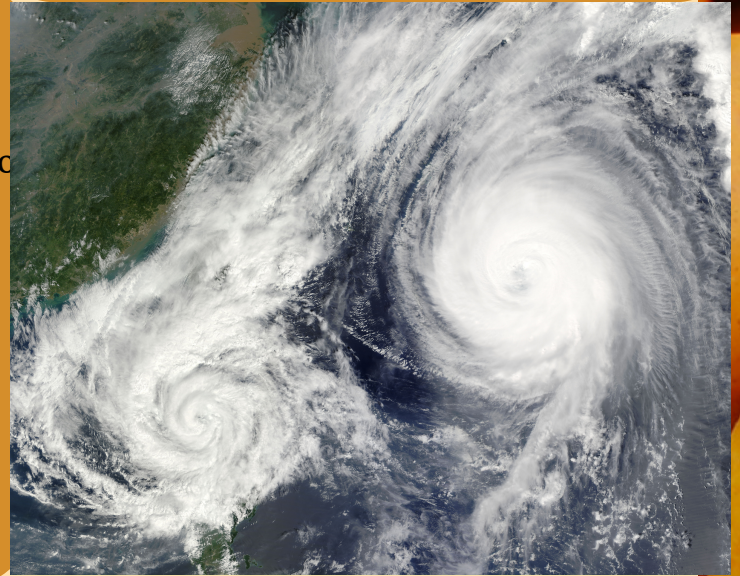
https://www.dea.gov/press-releases/2022/08/30/dea-warns-brightly-colored-fentanyl-used-target-young-americans?fbclid=IwAROI-t9noQoWkHwfOTDgkGcxMj4L3Dfv-LtEmrxPUFcZh_wDZGkJvhzSHu4

Emergency preparedness

With hurricane season passing through and snowstorm season approaching, it's important to be prepared for power outages. To track power outages in your area, visit

<https://projects.nj.com/data/outagetracker/>

To check your preparedness for power outages, visit <https://www.nj.gov/njoem/plan-prepare/power-outages.shtml>



Wellness Corner: Upcoming Events

Essex County Senior Wellness Day is October 18th, from 10am to 2pm

All Essex County seniors are encouraged to stop by this FREE event for health screenings, free food, musical entertainment, dancing, and more! For more information, visit <https://essexcountynj.org/event/essex-county-senior-wellness-day-october-18/>



Public Health
Prevent. Promote. Protect.

