



WEST CALDWELL HEALTH DEPARTMENT

SERVING WEST CALDWELL, NORTH
CALDWELL & FAIRFIELD

Back to School

SEPTEMBER IS RIGHT AROUND THE CORNER! HERE ARE SOME BACK TO SCHOOL HEALTH REMINDERS FOR CHILDREN AND ADOLESCENTS:

WHEN SHOULD YOU SWITCH FROM A PEDIATRICIAN TO A FAMILY DOCTOR?

[HTTPS://KIDSHEALTH.ORG/EN/PARENTS/ADULT-CARE.HTML?REF=SEARCH](https://kidshealth.org/en/parents/adult-care.html?ref=search)

AUGUST IS CHILDREN'S EYE HEALTH & SAFETY MONTH. KEEP AN EYE ON YOUR CHILD'S VISION AND LEARN MORE ABOUT THE IMPORTANCE OF ROUTINE EYE EXAMS HERE:

[HTTPS://WWW.CDC.GOV/VISIONHEALTH/RESOURCES/FEATURES/VISION-HEALTH-CHILDREN.HTML](https://www.cdc.gov/visionhealth/resources/features/vision-health-children.html)

CDC AND THE AMERICAN ACADEMY OF PEDIATRICS (AAP) RECOMMEND CHILDREN CATCH UP ON ROUTINE CHILDHOOD VACCINATIONS AND GET BACK ON TRACK FOR SCHOOL, CHILDCARE AND BEYOND. FOR MORE INFORMATION, PLEASE CLICK THE LINKS BELOW.

[HTTPS://WWW.CDC.GOV/VACCINES/PARENTS/VISIT/VACCINATION-DURING-COVID-19.HTML](https://www.cdc.gov/vaccines/parents/visit/vaccination-during-covid-19.html)

[HTTPS://DOWNLOADS.AAP.ORG/AAP/PDF/PERIODICITY_SCHEDULE.PDF](https://downloads.aap.org/aap/pdf/periodicity_schedule.pdf)

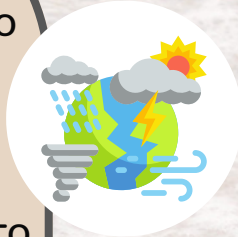
YOUR CHILD'S DEVELOPMENT IS A JOURNEY. LEARN MORE ABOUT MONITORING AND SCREENING HERE: [HTTPS://WWW.CDC.GOV/NCBDDD/ACTEARLY/PDF/DEVELOP-MONITOR-AND-SCREEN-ENGLISH-AND-SPANISH-2021-P.PDF](https://www.cdc.gov/ncbddd/actearly/pdf/develop-monitor-and-screen-english-and-spanish-2021-p.pdf)



Climate Change & Its Effects

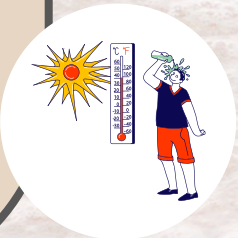
HAZARDOUS WEATHER IMPACTS NJ RESIDENTS ON A REGULAR BASIS. ALTHOUGH WE CANNOT STOP THE ONSET OF A NATURAL HAZARD, THERE ARE STEPS WE CAN TAKE TO INCREASE OUR SAFETY AND COMFORT. FOLLOW THESE IMPORTANT HURRICANE PREPAREDNESS TIPS FROM CDC:

[HTTPS://WWW.CDC.GOV/NCEH/FEATURES/HURRICANEPREPAREDNESS/INDEX.HTML](https://www.cdc.gov/nceh/features/hurricanepreparedness/index.html)



KEEP YOUR COOL IN HOT WEATHER! LEARN ABOUT HEAT-RELATED ILLNESS AND HOW TO STAY COOL AND SAFE IN HOT WEATHER HERE:

[HTTPS://WWW.CDC.GOV/NCEH/FEATURES/EXTREMEHEAT/INDEX.HTML](https://www.cdc.gov/nceh/features/extremeheat/index.html)



HOW TO GET READY FOR HEAT WAVES:

[HTTPS://APHAGETREADY.ORG/RESOURCES/FACT-SHEETS/HEAT-WAVES](https://aphagetready.org/resources/fact-sheets/heat-waves)

Essex County Focus Group Discussion

THE ESSEX COUNTY DIVISION OF PUBLIC HEALTH MANAGEMENT IS CURRENTLY SEEKING INDIVIDUALS INTERESTED IN IMPROVING THE HEALTH OF THEIR COMMUNITY BY SHARING VALUABLE INSIGHTS AND EXPERIENCES. PARTICIPANTS WILL RECEIVE A GIFT BAG FROM THE ESSEX COUNTY DIVISION OF PUBLIC HEALTH MANAGEMENT.

TO REGISTER OR FOR MORE INFORMATION, PLEASE CONTACT THE WEST CALDWELL HEALTH DEPARTMENT AT 973-226-2303. LIMITED SEATS AVAILABLE - REGISTRATION CLOSES ON AUGUST 14, 2023.



Mindful Corner: Stress or Anxiety?

FEELING OVERWHELMED? READ THIS FACT SHEET TO LEARN WHETHER IT'S STRESS OR ANXIETY, AND WHAT YOU CAN DO TO COPE:

[HTTPS://WWW.NIMH.NIH.GOV/HEALTH/PUBLICATIONS/SO-STRESSED-OUT-INFOGRAPHIC](https://www.nimh.nih.gov/health/publications/so-stressed-out-infographic)



COMMUNITY RESOURCES

- NJ Hope and Healing
 - The Mental Health Association in NJ, in collaboration with the NJ Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, offers emotional support, information and referral through a Federal Emergency Management Agency (FEMA/SAMHSA) grant.
 - 1-866-202-4357; <https://www.mhanj.org/njhopeandhealing/>
- National Suicide Prevention Hotline
 - Free 24/7 confidential support 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 via text message.
 - 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 or 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.
 - Dial 2-1-1 or Text your ZIP code to 898-211; <https://www.nj211.org/>
- Essex County Special Transportation System
 - Transportation for medical and other types of appointments are available for those who are 60 years of age and older, as well as those who are 18 years or older with permanent disabilities.
 - 973-618-1280; <https://www.fairfieldnj.org/notices/essex-county-senior-transportation-services.pdf>
- NJ Transit Access Link (ADA Paratransit)
 - Shared ride service. Service can be utilized for all purpose of travel including travel to places of employment, education, recreation and medical appointments. There is a fee associated with this service.
 - 973-491-4224; <https://www.njtransit.com/accessibility/access-link-ada-paratransit>
- NJ Poison Center
 - Trained healthcare professionals available 24/7 to discuss questions, emergencies and other information.
 - Call 800-222-1222 or Text 973-339-0702; <https://www.njpies.org/about-njpies/>