

# West Caldwell Health Department

SERVING WEST CALDWELL, NORTH CALDWELL, AND FAIRFIELD

The Official Newsletter from the Health Department

**Spread Joy and Awareness!**

## National Impaired Driving Prevention Month

As we come together this holiday season, educate yourself and others on the risks of driving while impaired and take steps to stay safe.

<https://www.samhsa.gov/blog/national-impaired-driving-prevention-month>



## Winter Fire Safety

Home fires occur more in winter than in any other season. As you stay cozy and warm this winter, be fire smart!

[https://www.usfa.fema.gov/downloads/pdf/publications/winter\\_infographic.pdf](https://www.usfa.fema.gov/downloads/pdf/publications/winter_infographic.pdf)

Learn about holiday decoration safety tips at

<https://www.cpsc.gov/s3fs-public/611.pdf>



## December is National Safe Toys and Gifts Month

During this season of giving, be sure to give safe gifts to your little ones! Learn more at

<https://www.cpsc.gov/Safety-Education/Safety-Guides/Kids-and-Babies-Toys-Crafts-Toys/4-Keys-to-Holiday-Toy-Safety>







## December is HIV/AIDS awareness month

While HIV is significantly less deadly than it once was with proper treatment, prevention is the best medicine! Learn about HIV testing and prevention at

<https://www.va.gov/QUALITYOFCARE/education/hiv-aids-awareness-month.asp#:~:text=December%20is%20HIV%2FAIDS%20Awareness,the%20importance%20of%20getting%20tested>

## Spread Holiday Joy, Not Sickness!

This holiday season, protect yourself and others from the flu by taking steps to prevent the spread!

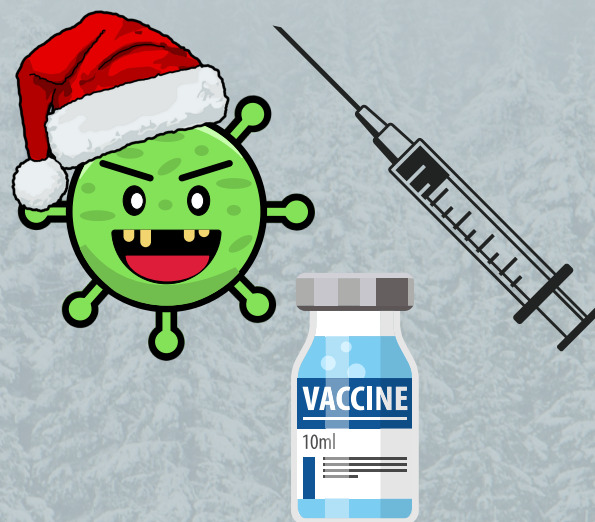
<https://www.nj.gov/health/cd/documents/flu/preventspread.pdf>

Learn some healthy habits to protect against the flu at

<https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>

## Are you on the Influenza Honor Roll?

[https://www.nj.gov/health/cd/images/flu/flu\\_honor\\_roll\\_infographic.pdf](https://www.nj.gov/health/cd/images/flu/flu_honor_roll_infographic.pdf)



## Wellness Corner: Sleeping soundly this holiday season!

Sometimes, "the most wonderful time of the year" can feel like the most stressful time of the year! Increased stress can negatively affect your sleep, which can affect your health and wellbeing. Learn some ways to sleep soundly this holiday season at

<https://www.healthline.com/health-news/7-ways-to-melt-holiday-stress-and-cozy-up-for-a-better-nights-sleep>



# **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:

- **Turning Point Community Services**

- Serves those with substance & alcohol abuse disorders, economic & food insecurity, mental health illness, domestic violence, and incarceration. Provide safe housing, both emergency and permanent, programs to address homelessness, on-the-job training and employment opportunities
- 973-374-7838, <https://tpcsinc.org/our-agency/>

- **NJ Hopeline**

- All services are free, confidential, and anonymous. Personal information may be asked to better assist and understand the situation, however, you can decline to answer any questions you are uncomfortable with.
- 1-855-654-6735, <https://njhopeline.com>

- **Veteran's Crisis Line**

- Free confidential hotline available to all service members, their families and friends. Connect caller to counseling and services needed
- 1-800-273-8255, <https://www.veteranscrisisline.net>

- **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 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

- **New Jersey Poison Information and Education System**

- Trained healthcare professionals available 24/7 to answer poisoning questions and emergencies
- 800-222-1222, <https://www.njpies.org/about-njpies/>