



JULY 2023 | VOLUME 20



Public Health

WEST CALDWELL HEALTH DEPARTMENT

SERVING WEST CALDWELL, NORTH CALDWELL & FAIRFIELD

CREATING YOUR EMERGENCY COMMUNICATION PLAN

Download the free Red Cross Emergency Safety App to have Safety Information, Severe Weather Alerts and Shelter Locations available on your mobile device.

Red Cross apps are available in smartphone app stores by searching for the American Red Cross or clicking the link below.

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html>



STAY SAFE, STAY HYDRATED, STAY INFORMED

Excessive heat is a significant risk to the health and safety of our community. Check out these tips for preventing heat-related illness during the Summer months. Stay informed about high temperature and air quality.

<https://www.cdc.gov/disasters/extremeheat/faq.html>

<https://www.cdc.gov/niosh/mining/userfiles/works/pdfs/2017-126.pdf>

<https://www.cdc.gov/air/infographics/information-about-local-air-quality.htm>



EMOTIONAL CHECK-IN

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is more than the absence of a mental illness—it's essential to your overall health and quality of life. Click the link below to access the CDC Emotional Wellness Toolkit.

<https://www.nih.gov/health-information/emotional-wellness-toolkit-more-resources>



PESTS OF SUMMER: MOSQUITOES & TICKS

Some mosquitoes can spread viruses like West Nile or dengue that make people sick. Learn about the importance of mosquito control, community-level control efforts, and what you can do to make a difference at home here:

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

Mosquito remediation is an effective solution to safely disrupt the life cycle of mosquitoes on your property. Click here for some mosquito control tips:

https://www.cdc.gov/mosquitoes/pdfs/FS_GetRidMosqAtHome.pdf

Click the link below for 10 Outdoor Safety Tips when it comes to ticks.

<https://www.lymedisease.org/assets/lyme-disease-basics.pdf>



STAY UP-TO-DATE WITH COVID-19 VACCINES

Fall is right around the corner. Let's protect ourselves during the holiday season and get vaccinated! To learn more about vaccinations for children, teens and adults, click the links below.

<https://www.immunize.org/catg.d/p4050.pdf>

<https://www.immunize.org/catg.d/p4030.pdf>



MINDFUL, RESILIENT & SUMMERTIME

Give yourself the gift of resilience by learning the skills needed for your health and wellbeing.

9 Essential Skills That Make You Resilient:

<https://www.everydayhealth.com/wellness/resilience/essential-skills-that-make-you-resilient/>

Give Your Kids A Healthy Body And Mind This Summer:

https://www.cdc.gov/healthyschools/features/active_summer.htm



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/>