



West Caldwell Health Department

SERVING WEST CALDWELL, NORTH CALDWELL, AND FAIRFIELD

The Official Newsletter from the Health Department

Men's Health

Most testicular cancer is highly treatable with early diagnosis. Learn about self screening at

<https://www.testicularcancerawarenessfoundation.org/self-exam/>

Mental health is just as important as physical health! Learn more at

<https://www.nimh.nih.gov/health/topics/men-and-mental-health>

Prostate cancer is one of the most common cancers for men.

Learn about screening options at

<https://www.cdc.gov/cancer/dcpc/resources/features/prostatecancer/index.htm>



Summer BBQ Safety

Before you bust out the grill, brush up on food safety! Food left out in the sun can grow nasty bacteria, learn more at

<https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely>

Only you can prevent grill fires! Learn more at

https://www.nfpa.org/-/media/Files/Public-Education/Resources/Safety-tips-sheets/grilling_safety_tips.ashx



Fun in the Sun

Skin cancer is the most common cancer in the US! Learn more about protecting your skin from the sun:

https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Keep cool this summer to avoid heat exhaustion and heat stroke. Learn more at:

<https://www.weather.gov/safety/heat-illness>





Safe Travels!

Before jetting off on your next adventure, make sure you're prepared! Learn about things to consider before traveling at <https://wwwnc.cdc.gov/travel/page/traveler-information-center>

Should disaster strike, get the Red Cross App to let family know you're safe. Learn more at <https://www.redcross.org/about-us/news-and-events/news/Learn-More-about-Red-Cross-Safe-and-Well-App-Feature-and-Website.html>

Ticks

Tis the season for ticks! Check out these resources on Lyme Disease

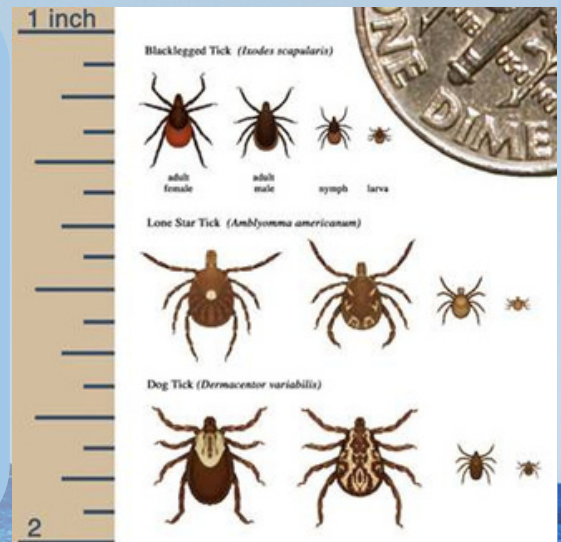
<https://www.lymedisease.org/assets/lyme-disease-basics.pdf>

How to check your pet for ticks

<https://www.cdc.gov/healthypets/pdfs/publications/check-pets-for-ticks-508.pdf>

Avoiding tick bites

https://www.nj.gov/health/cd/documents/topics/vectorborne/avoid_tick_bites.pdf



Mindful Corner: Social Wellness

As social creatures, maintaining social wellbeing is an important part of mental health! Learn more about how social ties can affect our mental and physical health at

<https://newsinhealth.nih.gov/sites/nihNIH/files/2017/February/NIHNiHFeb2017.pdf>

Community Resources

- 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 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. Service is available 24/7
 - 2-1-1 OR 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
 - CALL 800-222-1222 or TEXT 973-339-0702
 - <https://www.njpies.org/about-njpies/>