

Your Health Matters



Public Health
Prevent. Promote. Protect.

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DIABETES

The American Diabetes Association provides great resources for those who are or know a loved one fighting with diabetes. There are a few different types of diabetes:

Type 1: In Type 1, the body does not produce insulin. Insulin is used to get blood sugar to the blood stream when the body breaks down carbohydrates. which means insulin therapy will be needed to manage Type 1, along with a healthy diet and exercise.

Type 2: The most common form of diabetes. It means that your body does not use insulin properly. Maintaining a healthy diet and fitness are key parts to managing type 2 diabetes.

Gestational: The cause of gestational diabetes is still unknown, and it happens to millions of women around the world. This type of diabetes is also manageable by talking with your doctor to see what you need for you and your baby to be healthy.



To read more about the tools, health tips, food ideas and information regarding diabetes, visit the American Diabetes Association at <https://diabetes.org/diabetes>.

Flu Season and Flu Shots

While the fall season is approaching, so is Flu season! Preventative actions against the flu include getting your annual flu shot, avoid close contact with others who are sick, stay home when you are sick, cover your coughs and sneezes and washing your hands with soap and water. Flu symptoms include a fever/feeling feverish, cough, sore throat, runny nose, congestion, headaches and fatigue. In order to get a clear diagnosis, reach out to your primary care provider and arrange to get tested for the flu or other infectious diseases, CDC recommends everyone 6 months and older to get an annual flu vaccine. Make sure you get your flu shot as soon as you can, ideally by the end of October.

The Morris County Division of Public Health in partnership with Atlantic Health Systems will be holding flu and COVID-19 vaccination clinics around the county. See below the clinic dates and locations:

Thursday, October 6, 2022: 3pm-7pm

155 Powerville Road, Boonton Township, NJ 07005

Wednesday, October 12, 2022: 3pm-7pm

2 West Main Street, Mendham Township, NJ 07926

Tuesday, October 18, 2022: 3pm-7pm

1 Saint Mary's Place, Denville, NJ 07834

* No cost COVID-19 Vaccines ages 18 or older

\$25 flu vaccines ages 18-64 or paid through insurance

Cash (exact change) or checks made out to Atlantic Corporate Health



Breast Cancer Awareness

Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include—

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.
- If you have any signs that worry you, see your doctor right away.



What Are the Risk Factors?

Some main factors that affect your chance of getting breast cancer include—

- Being a woman.
- Being Older. Most breast cancers are found in women who are 50 years or older.
- Having changes in your BRCA1 or BRCA2 genes.

How Can I Lower My Risk?

You can do things to help lower your breast cancer risk.

- Keep a healthy weight and exercise regularly.
- Don't drink alcohol or limit the amount of alcohol you drink.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.

For more information on Breast Cancer, visit: <https://www.cancer.org/cancer/breast-cancer/screening-tests-and->

Morris County Medical Reserve Corp

The Morris County Medical Reserve Corps is a well-prepared and trained workforce of volunteers to help public health protect the community in the event of a public health emergency.

To learn more about the MRC, or to fill out an application, visit: <https://www.morriscountynj.gov/Residents/Health/Volunteer-for-the-Medical-Reserve-Corps>



Game Day Food Safety

What You Need to Know

- Wash your hands with soap and running water for at least 20 seconds before, during, and after preparing food and before eating.
- Separate raw meats from ready-to-eat foods like vegetables when preparing, serving, or storing foods.
- Make sure food is cooked to a safe internal temperature.
- Keep hot foods hot (140°F or warmer) and cold foods cold (40°F or colder).
- Throw out perishable food that has been sitting at room temperature for more than 2 hours (more than 1 hour if it has been exposed to temperatures above 90°F).

Tackling a game day spread? Play by these rules and keep the runs on the field. Make sure your game day favorites are memorable for all the right reasons. Follow these four tips to avoid food poisoning:



1. Keep it Clean

Wash your hands with soap and running water for at least 20 seconds before, during, and after preparing food and before eating. Also, wash your hands after using the bathroom and touching pets.

Wash your cutting boards, dishes, utensils, and countertops with hot, soapy water after preparing each food item.

Wash or scrub fruits and vegetables under running water—even if you do not plan to eat the peel—so dirt and germs on the surface do not get inside when you cut.

2. Avoid Mix-ups

Use separate cutting boards, plates, and knives for produce and for raw meat, chicken and other poultry, seafood, and eggs.

Offer guests individual serving utensils and small plates to discourage them from eating dips and salsa directly from the bowls.

3. Cook it Well

Cooking food to the right temperature kills harmful germs. Use a food thermometer to check meat, egg, and microwaved dishes on your menu.

Make sure chicken wings (and other poultry) reach an internal temperature of at least 165°F. Ground beef and egg dishes should reach at least 160°F. Check the safe internal temperature for other foods.

4. Keep it Safe

Serve food at the right temperature:

Keep hot foods at 140°F or warmer. Use chafing dishes, slow cookers, and warming trays to keep food hot.

Keep cold foods, like salsa and guacamole, at 40°F or colder. Use small service trays or nest serving dishes in bowls of ice.

It's OK to put hot foods directly into the refrigerator.

Reheat food to at least 165°F before serving. This includes leftovers warmed up in the microwave.

For more information on food safety, visit: <https://www.cdc.gov/foodsafety/>

The Great American Smoke Out

The American Cancer Society sponsors the Great American Smokeout on the third Thursday of November (November 17), challenging smokers to give up cigarettes for 24 hours. If you or a loved one smokes cigarettes, consider joining the movement, and take the first step toward quitting cigarettes forever!

HOW TO OBSERVE THE GREAT AMERICAN SMOKEOUT

- ⇒ Make a plan
Learn about options to curb cravings and get your support system ready to help you through hard times. If you're trying to help someone else quit, check out some ways to ensure you're doing it the right way.
- ⇒ Get rid of anything smoking-related
It's the perfect day to remove all smoking-related items from your home. Remove all cigarettes, ashtrays, and lighters from your car and workplace as well. Also consider stocking up on substitutes like gum and crunchy snacks.
- ⇒ Reflect on your smoking past
If you've tried to quit before, the Great American Smokeout is a good time to reflect on your past attempts. Think about why those attempts didn't work and go back to the drawing board for the next time around.

For more information on the Great American Smokeout, visit: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>



Who is my Local Health Department?

Morris County has 12 different health departments that service its 39 municipalities. Many health departments cover numerous towns. To see who your

local health department is, visit:

<https://www.state.nj.us/health/lh/documents/>

[LocalHealthDirectory.pdf](#)



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**A BIENNIAL
NEWSLETTER FROM
THE MORRIS
COUNTY DIVISION
OF PUBLIC HEALTH**

Important Numbers

GENERAL

NJ211
2-1-1
North Jersey Red Cross
(973) 538-2160
Poison Information
1-800-222-1222
Mental Health Hotline
1-877-294-4357

MORRIS COUNTY

Division of Public Health
973-631-5484
Emergency Management
973-829-8600
Sheriff's Office
973-285-6600
Prosecutor's Office
973-285-6200

NEW JERSEY

Communicable Disease Service
1-609-826-5964
State Police

Address

Morris County Division of Public
Health
POO Box 900
634 West Hanover Avenue
Morristown NJ 07961

health.morriscountynj.gov/

The mission of the Morris County Division of Public Health is to promote public health, to prevent the spread of disease, and to protect the environment, through awareness, compliance, education, training, and emergency response.

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