



**Public Health**  
Prevent. Promote. Protect.



# NEWSLETTER

## Sussex County Division of Health



*Welcome to  
the health  
hub!*

December, 2024 Issue 14

### How Can You Stop Wildfires From Starting?

**85% of all wildfires are caused by humans.**

Be careful while enjoying your public lands.



#### Campfire and Bonfire Safety Tips:

- Start fires in designated fire pits, cleared of vegetation and surrounded by stones.
- Never leave fires unattended, especially overnight.
- Ensure fires are fully extinguished with water and dirt before leaving.
- Avoid starting fires on windy days; postpone if necessary.

#### Smoking

- Dispose of used matches and butts in a closed container or cup of water.
- Keep lighters and matches out of the reach of children.



#### Create Defensible Space

Remove flammable vegetation (dry leaves, dead branches, overgrown shrubs) from around your home. Trim trees, maintain distance between them, and consider fire-resistant landscaping.

#### Be Mindful of Outdoor Burning

Check local regulations for burn bans or restrictions. If permitted, burn safely with proper tools and supervision. Always extinguish fires thoroughly.

#### Maintain Equipment and Machinery

Regularly inspect vehicles, power tools, and other equipment that may generate sparks. Clear debris build-up and address any worn-out parts.



# Wildfire Safety

Wildfires affect everyone. They can spread fast and harm us. Wildfires are getting bigger and more dangerous. More people are living in areas at risk for wildfires, but we can take action to prepare.



## **Prepare emergency supplies: Gather food, water and medicine in advance, as stores may close.**

- **\*\*Go-Kit\*\***: 3 days of portable supplies.
- **\*\*Stay-at-Home Kit\*\***: 2 weeks of supplies
- Maintain a 1-month supply of medication in child-proof containers.

Safeguard personal, financial, and medical records.

## **To stay connected during a wildfire:**

- Rely on information from local government.
- Sign up for free emergency alerts.
- Keep a backup battery or charging method for your phone.
- Have a battery-powered radio.
- Monitor weather and fire conditions in your area.

## **Utilities may be offline. Be ready to live without power. Plan for your electrical needs, including cell phones and medical equipment.**

Understand Health Impacts:  
Wildfire smoke is a mixture of air pollutants that are harmful to your health. Learn how to reduce your exposure.

## **WHEN SMOKE IS IN THE AIR**

- Use the Fire and Smoke Map to monitor conditions
- Reduce exposure outdoors and indoors
- Know what to do if you must evacuate
- Check your air quality
- Choose a mask that will help protect you from smoke
- Avoid outdoor activities
- Avoid activities that create pollution (frying foods, sweeping, vacuuming, wood-burning stoves, and furnaces)



**Click here for live map**



# Create an emergency car kit

**IS YOUR VEHICLE WINTER-READY?**



It is best to avoid traveling in inclement weather, but if travel is necessary, keep the following in your car:



Flashlight



Extra batteries



Items to stay warm such as extra hats, coats, mittens, and blankets



Cellphone



Portable charger



Windshield scraper



Shovel



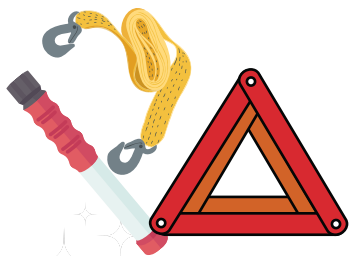
First aid kit and pocket knife



Water and snack food



Jumper cables



Signs, emergency flares, tow rope



For more information



Sussex County  
Office of Environmental Health



973-579-0370



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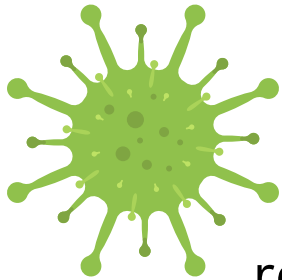
201 Wheatsworth Road,  
Hamburg NJ 07419

# MYCOPLASMA PNEUMONIAE

**It is a type of bacteria that can cause respiratory tract infections.**

## Symptoms:

Fever, cough, sore throat, headache, and tiredness



## How the bacteria spreads:

Coughing and sneezing create small respiratory droplets that contain bacteria.

## How to prevent the spread:

There is no vaccine to prevent this infection.

However, there are steps you can take to help protect yourself, one being good hand hygiene.



## Risk Factors:

Age, prolonged exposure, and crowded settings

**For More Information  
Scan the QR Code**



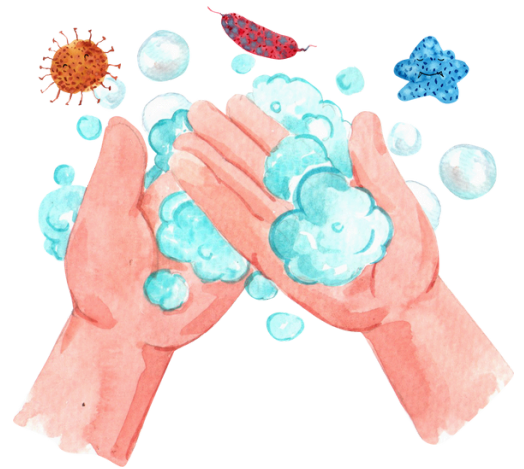
04 / 06



# STAY WELL FOR THE HOLIDAYS

# December

## IS NATIONAL HANDWASHING MONTH



Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

### Key Times to Wash Hands

After touching an animal, animal feed, or animal waste



After touching garbage



Before and after eating food



After using the toilet



After blowing your nose, coughing, or sneezing



Before and after treating a cut or wound



### Five Steps to Wash Your Hands the Right Way

1. Wet your hands with clean, running water (not too hot), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

For more information

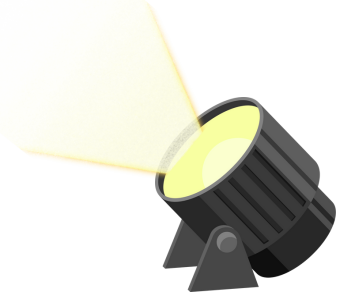


# Wash YOUR hands

05 / 06

# SPOTLIGHT

## OF THE MONTH



### THE OFFICE OF PUBLIC HEALTH NURSING

**The mission of Public Health is to protect and promote good health for all Sussex County citizens through direct and responsive community activities.**



Public Health Nursing is the practice of promoting and protecting the health of populations using knowledge from nursing, social, and public health sciences.



**FLU Clinics, COVID-19 Clinics, Health Education, NJ Cancer Education and Early Detection (NJCEED), Special Child, Health Check, Baby Clinic, Emergency Preparedness, Lead, Chronic Disease**