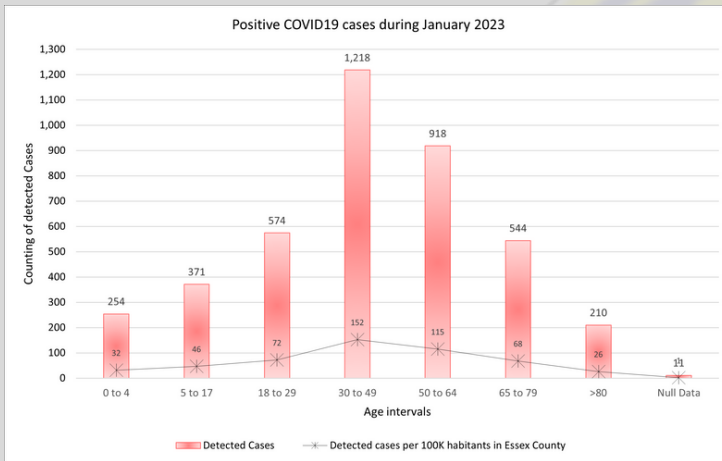


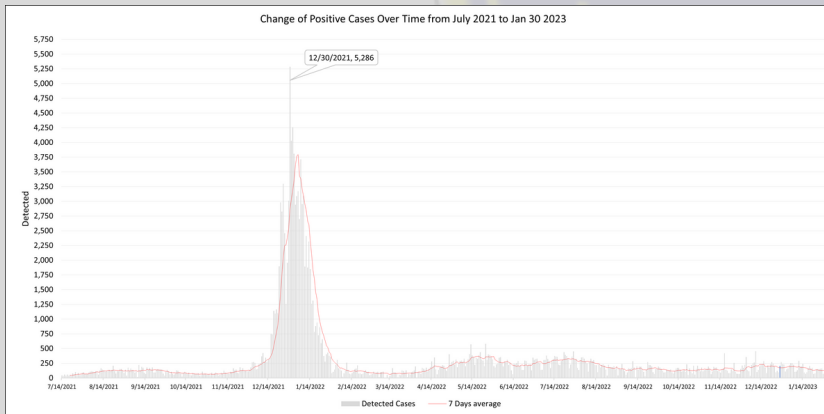
ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT

Monthly Health Newsletter

COVID-19 Updates for Essex County



The graph depicts the number of detected COVID-19 cases from December 30, 2022, to January 30, 2023, and positive cases per each 100 thousand habitants of the County of Essex.



The graph shows the change over time of COVID-19 cases in the County of Essex.



Joseph N. DiVincenzo, Jr.,
Essex County Executive
The Board of County Commissioners

Through our Office of Public Health, we are committed to promoting the health and well-being of our residents. The tips and information included in this newsletter can help guide you on a path toward a healthier lifestyle.
Joseph N. DiVincenzo, Jr.



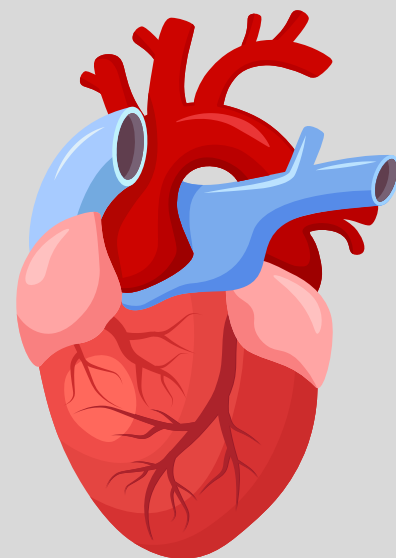
Public Health
 Prevent. Promote. Protect.



AMERICAN HEART MONTH

Did You Know?

Heart disease remains the leading cause of death in the U.S. and globally. In 2020, COVID-19 also appeared among the leading causes of death in the U.S.



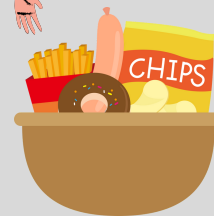
Eat plenty of fresh fruits and vegetables.

How to Lower Your Risk of Heart Disease

[CLICK HERE](#)



Limit how much junk food you eat and how much alcohol you drink.



If you don't smoke, don't start. If you do smoke, learn about how to quit smoking.

[CLICK HERE](#)



The CDC recommends getting at least 2 hours and 30 minutes of physical activity each week.