



## ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT

# NEWSLETTER

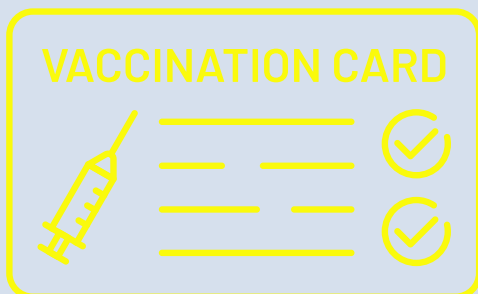
## MOBILE HEALTH CLINIC

Essex County and RWJBarnabas Health have partnered together to provide Mobile Health Clinics throughout the County. These clinics will bring health screenings, educational information and referrals to underserved residents. It is part of our ongoing initiative to promote wellness and healthy lifestyles. For a schedule of upcoming clinics, scan the QR Code or visit [Essexcountynjhealth.org](https://Essexcountynjhealth.org).

Scan the QR Code below  
for our Mobile Health  
Clinic Schedule



## VACCINES FOR CHILDREN PROGRAM



Vaccines For Children Clinics are available by appointment only and offer free ACIP Vaccines to children through 18 years of age. To schedule an appointment or learn more, call our Call Center at 973-877-8456. Visit [essexcountynjhealth.org/imunizations](https://essexcountynjhealth.org/imunizations) for eligibility requirements.



# ACCESS TO CARE-FEASIBILITY STUDY



Essex County is invested in furthering our efforts to understand the health needs across our county and the opportunities or pathways to implement sustainable solutions to address them. After completing a comprehensive Community Health Assessment (CHA) in 2023, we were able to obtain valuable insight into the county's health needs. The CHA needs assessment was the first step in enhancing our overall capacity to improve the health of all county residents.

Now, we are excited to announce we have begun the next phase. The Essex County Office of Public Health Management (ECOPHM) is conducting a county-wide Access to Care Feasibility Study. The purpose of this study is to investigate and improve access to preventative and primary healthcare services in Essex County.

We continue to enhance and address the healthcare needs of all of Essex County. Working together we will continue Putting Essex County's Health First.





# Breast Cancer

## AWARENESS MONTH

IT IS IMPORTANT FOR WOMEN OF ALL AGES CONDUCT A SELF-BREAST EXAM AT LEAST ONCE A MONTH.

THE FOLLOWING STEPS CAN HELP DETERMINE YOUR FUTURE!

- 1 Wash your hands and use the pads of three middle fingers for the exam.
- 2 Using varying pressure and taking your time, massage your fingers over your breasts in a spiral pattern starting at the nipple.
- 3 Make your way up to the top of your breast near the collarbone, the center by your breastbone, and the sides near your armpits.
- 4 Lastly, gently squeeze your nipples to check for discharge.
- 5 Note and report any abnormal lumps, bumps, pits, or discharges to your doctor.
- 6 The earlier you notice and report any abnormal findings to your doctor, the better your chances of recovery.

**Breast cancer awareness is not just about the color pink; it's a movement that empowers individuals to take control of their health, and promote early detection.**

LEARN MORE ABOUT BREAST CANCER AWARENESS AT:  
[WWW.NATIONALBREASTCANCER.ORG](http://WWW.NATIONALBREASTCANCER.ORG)

**10/1/2024**