

ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT NEWSLETTER



WHO WE ARE



The Essex County Office of Public Health Management works to protect and improve community health through prevention, response, and collaboration — building a healthier future for all.

VACCINE FOR CHILDREN

Free ACIP vaccines are offered by appointment for kids up to 18 years old.

Scan QR code for more information or call us at 973-877-8456.



SCAN



LEARN MORE ABOUT OUR PROJECTS



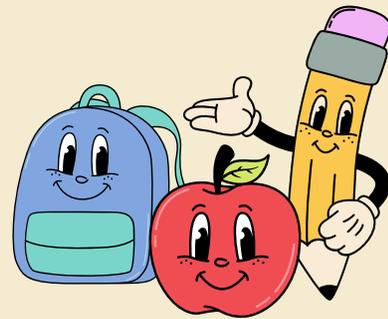
SCAN CODE

MOBILE HEALTH CLINIC

Essex County's Mobile Clinic offers screenings, health information, and referrals to underserved residents. Scan here to view a schedule for the mobile clinic



Welcome Back to School!



Do you have all of your vaccines?

Students must have up-to-date vaccines before starting school. Required shots may include DTaP, MMR, Polio, and others. Check with your doctor or school to stay on track. Vaccines keep everyone safe!



K-1

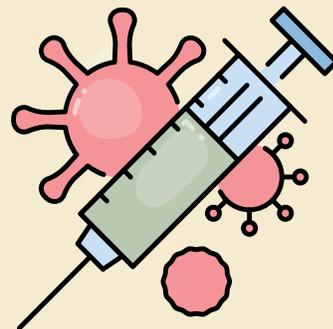
DTAP- 4 doses
POLIO- 3 doses
MMR- 2 doses
VARICELLA- 1 Dose
HEPATITIS B- 3 Doses
MENINGOCOCCAL- 0 Doses
TDAP- 0 Doses

6-12

DTAP- 3 DOSES
POLIO- 3 DOSES
MMR- 2 DOSES
VARICELLA- 1 DOSE
HEPATITIS B- 3 DOSES
MENINGOCOCCAL- 1 Dose for those born on or after 1/1/97
TDAP- 1 Dose (for those born on or after 1/1/97)

2-5

DTAP- 3 DOSES
POLIO- 3 DOSES
MMR- 2 DOSES
VARICELLA- 1 DOSE
HEPATITIS B- 3 DOSES
MENINGOCOCCAL- 0 DOSES
TDAP- 0 DOSES- *BEFORE AGE 10 NEEDS AN ADDITIONAL DOSE



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The Board of County Commissioners
The Essex County Office of Public Health Management
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National YOGA Awareness Month



1 What is Yoga?



Yoga is a mind-body practice that combines gentle movement, breathing, and relaxation to support physical and mental well-being.

2 Benefits



- Increases flexibility, strength, and balance
- Reduces stress and boosts mood
- Improves sleep and focus
- Eases pain and supports heart health

3 Fun Fact



Yoga has been practiced for over 5,000 years and is now one of the most popular wellness activities worldwide.



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Time for YOGA

Try it out!



Seated Side Stretch



Upward-Facing Dog
(Urdhva Mukha Svanasana)



Easy Pose with Gyan
Mudra



Standing Side Stretch



Warrior II Pose



Cat cow



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NATIONAL SICKLE CELL AWARENESS

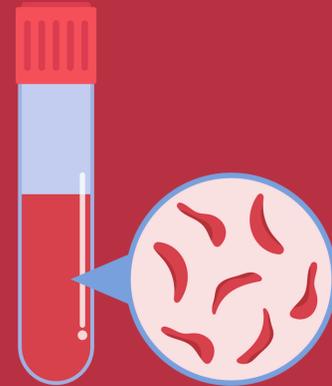


Millions live with the challenges of sickle cell disease every day – but many people still don't know much about it. Raising awareness can lead to earlier diagnosis, better care, and stronger community support.



WHAT IS IT?

Sickle cell disease is a group of inherited blood disorders that affect the shape and function of red blood cells.



ANATOMY DIFFERENCES

In sickle cell disease, red blood cells become stiff and sickle-shaped, blocking blood flow and reducing oxygen delivery.



AFFECTS ON THE BODY

Sickle cell disease can cause pain, fatigue, infections, and delayed growth, with possible long-term effects like organ damage and stroke.



TREATMENT

- Medicine for pain management
- Blood transfusions
- Stem cell transplant
- Gene therapy



CALL TO ACTION

- Get tested.
- Know your carrier status.
- Talk to your doctor about symptoms or family planning.



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National Atrial Fibrillation Awareness Month

Health Awareness



01

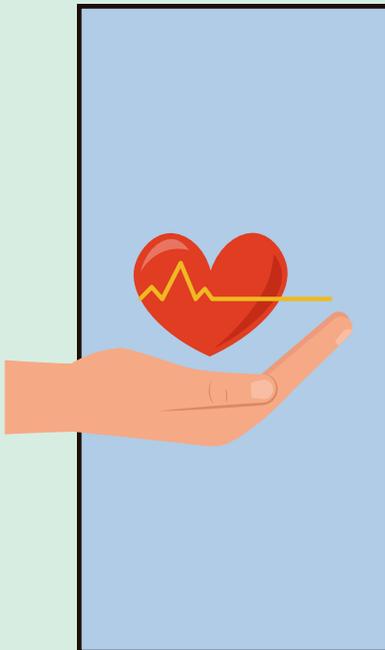
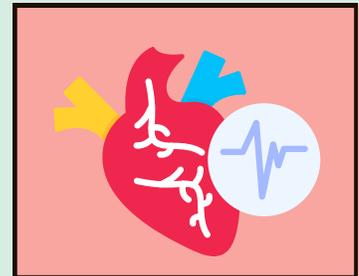
What is it?

"Atrial Fibrillation (AFib) is an irregular, often rapid heartbeat that can lead to serious heart-related complications."

02

Signs & Symptoms

AFib may cause a racing heart, fatigue, or dizziness —or no symptoms at all. Early detection is key.



Screen Early, Stay Safe

03

"AFib raises the risk of stroke, heart failure, and other complications. Early screening can help prevent these serious outcomes."



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Prostate Cancer Awareness Month



September 2025

Overview:

Prostate cancer is the second most common cancer in men. It often grows slowly and may not show early symptoms. Regular screenings and knowing your risk can lead to early detection and better outcomes.

Risk Factors

- Older age
- African men, Caribbean men, African ancestry
- Family history
- Genes

Signs & Symptoms

Know the warning signs

- Frequent urination
- Blood in urination or semen
- Slow or weak urinary stream

Screenings

Early detection starts with screening—don't wait.

- Prostate Specific Antigen (PSA)
- Digital Rectum Exam (DRE)

Get involved

- Wear a light blue ribbon
- Share information and encourage others to get screened
- Support prostate cancer research and survivor programs



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Ovarian Cancer Awareness Month

September is Ovarian Cancer Awareness Month—a time to raise awareness about the signs, risks, and importance of early detection. Often called the “silent disease,” ovarian cancer can be hard to detect early, but knowing the symptoms and getting regular checkups can save lives. Stay informed and take action.

FAQ's

What is Ovarian Cancer?

Ovarian cancer is a type of cancer that begins in the ovaries, where abnormal cells grow uncontrollably and can spread to other parts of the body.

Common Symptoms

Some common symptoms are bloating, pelvic or belly pain, trouble eating or feeling full quickly, urinary symptoms such as always feeling like you have to go or having to go often.

Who is at risk?

Older age, family history, genetics, those who have had breast cancer, excess body weight, endometriosis.

What should I do?

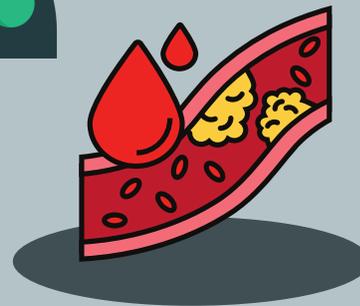
If you have any concerns about ovarian cancer, speak with a healthcare professional to get the appropriate tests for an accurate diagnosis and timely treatment.



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National Cholesterol Education Month



September 2025

High cholesterol often goes unnoticed but can lead to serious health problems. Use this month to learn your numbers and take simple steps toward a healthier heart.

WHAT IS CHOLESTROL?

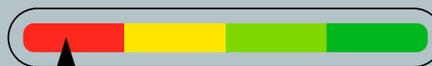
Cholesterol is a fatty, wax-like substance present in your body's cells. Although your body requires some cholesterol to function normally, excessive amounts can negatively affect your health.

WHO IS AT RISK?

- People with poor diets
- Sedentary lifestyles
- Obesity
- Diabetes
- Family history of heart disease

THE GOOD, THE BAD, THE UGLY

- Total Cholesterol: Below 200 mg/dL (desirable)
- LDL (Bad): Below 100 mg/dL
- HDL (Good): 60 mg/dL or higher
- Triglycerides: Below 150 mg/dL



MANAGMENT TIPS

- Eat heart-healthy foods (e.g., oats, fruits, veggies, lean proteins)
- Limit saturated fats and avoid trans fats
- Get regular physical activity (at least 30 minutes most days)
- Quit smoking
- Maintain a healthy weight



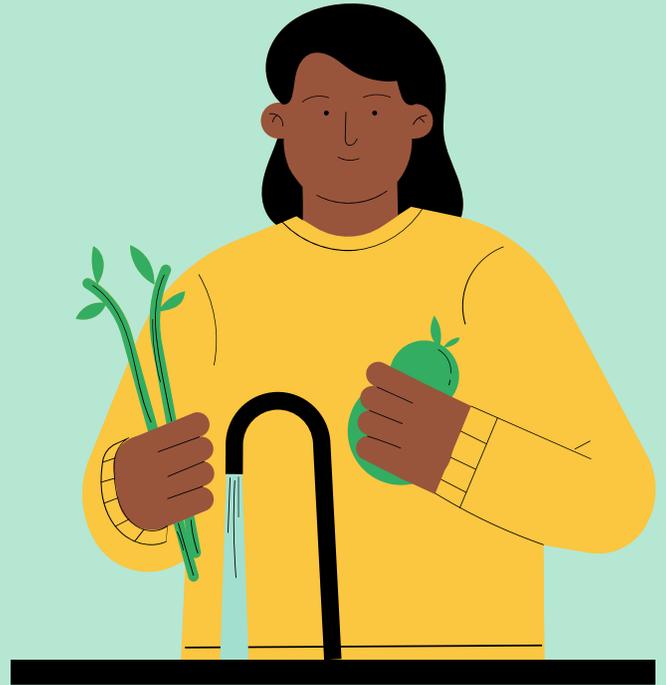
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FOOD SAFETY

Awareness

Stay Safe: Practice Smart Food Handling



What is Food Safety

Food safety means properly handling, cooking, and storing food to prevent illness – including cleaning hands, separating raw foods, cooking to safe temperatures, and chilling promptly.

Importance of Food Safety:

Food safety keeps food clean and safe, preventing illness and protecting everyone's health – especially young children, seniors, and others at higher risk.



Tips:

- Wash your hands before and after handling food.
- Keep raw and cooked foods separate.
- Cook food all the way through.
- Refrigerate leftovers within 2 hours.



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POLYCYSTIC OVARY SYNDROME MONTH

You could be one of millions living with PCOS—many without knowing it. PCOS affects hormones, health, and fertility. The good news? With the right support, it can be managed. Learn the signs. Take control.

Overview

PCOS is a common hormone condition that can cause irregular periods, high male hormone levels, and ovarian cysts.

Signs & Symptoms

- Acne or oily skin
- Mood changes or fatigue
- Excess facial/body hair
- Irregular or missed periods



Understand the Risk:

Recognizing the signs early can prevent issues from escalating to things like Type 2 diabetes, high blood pressure, heart disease, endometrial cancer

What can you do?

- Talk to your doctor
- Track your symptoms
- Focus on healthy habits
- Learn about treatment options
- Find support and stay informed



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Understanding Blood Cancer



What is Blood Cancer?

Blood cancer affects how your body produces and functions with blood cells. It typically starts in the bone marrow or lymphatic system and can impact the immune system.

Main Types:

- Leukemia
- Lymphoma
- Myeloma

Common Signs & Symptoms

- Frequent fatigue
- Frequent infections
- Unexplained weight loss
- Easy bruising or bleeding

Who is at risk?

- People over 60
- Family history of blood cancer
- Exposure to radiation or certain chemicals
- Weakened immune system

Diagnosis

Talk to your doctor if you notice any symptoms. Blood tests and physical exams can help with early diagnosis.



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CHILDHOOD CANCER AWARENESS

This month honors children fighting cancer and raises awareness to support early detection, research, and better treatments. Let's go gold and spread hope.



WHAT IS CHILDHOOD CANCER?

Childhood Cancer is when abnormal cells grow uncontrollably in a child's body, including types like leukemia, brain tumors, and lymphoma.

KEY STATISTICS:

- 1 in 285 children in the U.S. will be diagnosed with cancer before age 20.
- Around 15,000 children and teens are diagnosed with cancer each year in the U.S.

KNOW THE SIGNS:

This month honors children fighting cancer and raises awareness to support early detection, research, and better treatments. Let's go gold and spread hope.

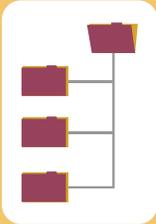
HOW CAN YOU HELP?

- Wear **gold** in September
- Share information
- Donate or volunteer
- Support families and research efforts



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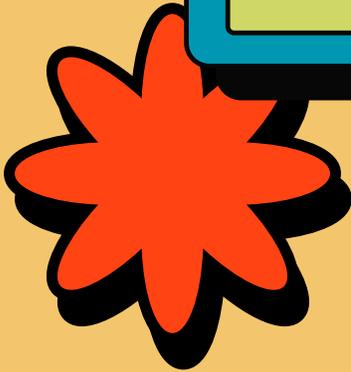




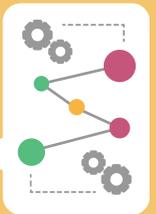
EMERGENCY PREPAREDNESS TRAINING PROGRAM

Available until: 02/01/2026

A nine-module curriculum
designed to help you face future
emergencies with confidence



Participants who successfully
complete this educational
program will be awarded 2 NJ
Public Health Continuing
Education (CE) Contact Hours.



Have questions?
Email:
sbrito@dchs.essexcountynj.org



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NATIONAL EMERGENCY PREPAREDNESS MONTH

This annual observance reminds us all to be ready for emergencies—at home, work, and in our communities. Take time to make a plan, build an emergency kit, and stay informed. Preparedness protects your health, safety, and the environment.

Your Emergency Prep Guide

- **MAKE A PLAN**

Identify hazards, set meeting points, and talk with your family

- **BUILD A KIT**

Include water, food, first aid, flashlight, and a radio

- **STAY INFORMED**

Sign up for alerts and follow official updates



DISASTER PREP: 5 P'S

Predict
Prevent
Prepare
Protect
Perform



For more info, visit [Ready.gov](https://www.ready.gov)



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