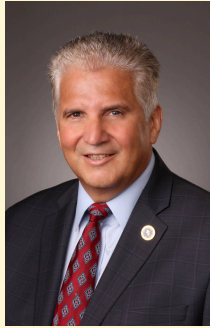


# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT NEWSLETTER



## WHO WE ARE

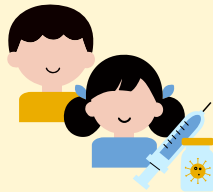


The Essex County Office of Public Health Management works to protect and improve community health through prevention, response, and collaboration — building a healthier future for all.

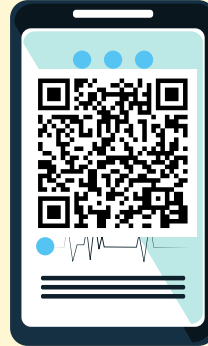
## VACCINE FOR CHILDREN

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 info, and referrals to underserved residents. Scan here to view a schedule for the mobile clinic



MAYA HARLOW, M.S., MCHES, REHS, H.O.  
DIRECTOR/ HEALTH OFFICER  
OFFICE OF PUBLIC HEALTH MANAGEMENT

JOSEPH N. DIVINCENZO, JR., ESSEX COUNTY EXECUTIVE  
THE BOARD OF COUNTY COMMISSIONERS



# Merry Christmas

AND HAPPY NEW YEAR





HAPPY

KWANZAA





wishing you  
A HAPPY  
HANUKKAH



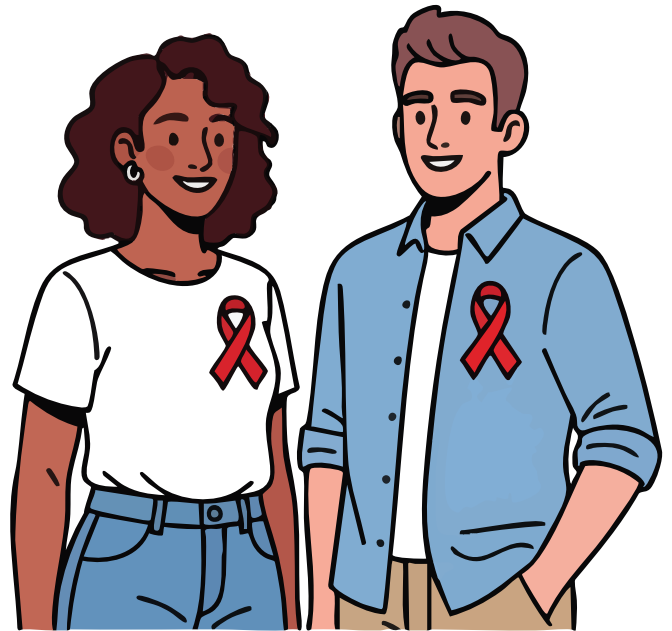
# WORLD AIDS DAY

HONORING LIVES, SUPPORTING HEALTH,  
AND STANDING TOGETHER FOR  
AWARENESS.



**DECEMBER 1ST**

World AIDS Day was first recognized in 1988 to raise awareness about HIV and honor lives affected by HIV. World AIDS Day serves as an important reminder to remain committed to preventing new HIV infections and providing essential services to all people living with HIV globally.



CREATED: 12/1/2025

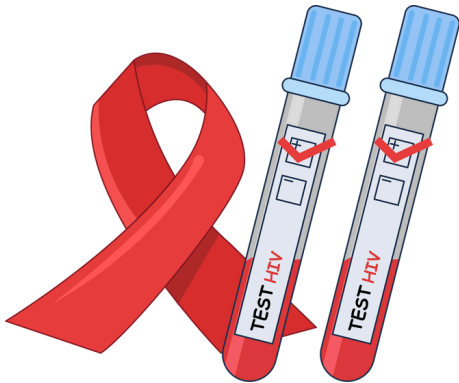
Joseph N. DiVincenzo, Jr., *Essex County Executive*  
The Board of County Commissioners  
The Essex County Office of Public Health Management  
*Putting Essex County's Health First*



# HOW TO SUPPORT WORLD AIDS DAY

## EDUCATE YOURSELF & OTHERS:

Learn about HIV/AIDS by attending events, watching documentaries, or reading articles.

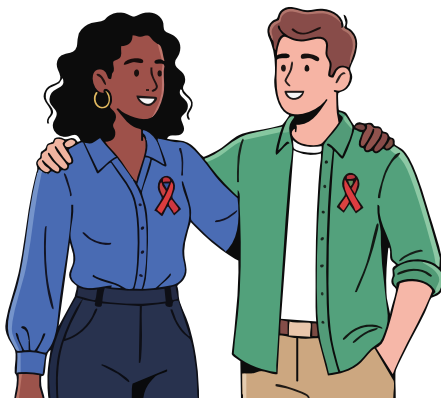


## GET TESTED:

Get tested for HIV to mark the day and to know your status.

## RAISE AWARENESS:

Share campaign materials like videos, social media posts, and infographics from reputable sources like the CDC and UNAIDS to spread the word.



## VOLUNTEER:

Volunteer with a local HIV/AIDS service organization.

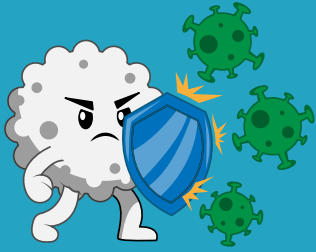
## "WEAR IT RED" DAY:

Encourage people to wear red for a small donation.



# National Influenza Vaccination Week

Get Vaccinated to Help Fight the Flu



National Influenza Vaccination Week promotes annual flu vaccinations, especially for high-risk groups like the elderly, pregnant individuals, and those with chronic conditions. The flu vaccine is the best defense against serious complications, hospitalization, and death from the flu.



Everyone aged 6 months and older is encouraged to receive the vaccine, but it is especially critical for those at higher risk for severe flu complications.

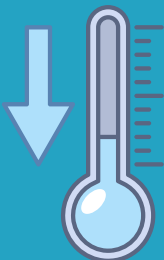
## WHO SHOULD GET VACCINATED:

- ADULTS AGED 65 AND OLDER
- PREGNANT INDIVIDUALS
- PEOPLE WITH CHRONIC HEALTH CONDITIONS SUCH AS ASTHMA, COPD, HEART DISEASE, DIABETES, AND KIDNEY DISEASE
- YOUNG CHILDREN



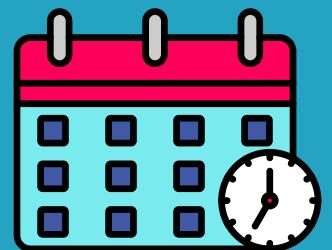
## WHY VACCINATION IS IMPORTANT:

Even if the vaccine does not entirely prevent infection, it can lessen the severity of illness and provide protection against hospitalization and death. The flu is a serious illness that can lead to severe complications.



## FLU SEASON:

The peak of flu season usually happens between **December and February**, making **December** an essential time for vaccination. Getting vaccinated in December or later still provides benefits.



CREATED: 12/1/2025

Joseph N. DiVincenzo, Jr., *Essex County Executive*  
The Board of County Commissioners  
The Essex County Office of Public Health Management  
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# NATIONAL HANDWASHING AWARENESS WEEK

## DECEMBER 7 – 13

Washing hands is crucial for health, preventing respiratory and diarrheal infections. Germs can spread through:

- Touching your face with unwashed hands
- Handling food and drinks without washing
- Contacting contaminated surfaces
- Coughing or sneezing into hands and touching others or objects



### Key points:

- Many diseases arise from inadequate handwashing.
- Handwashing with soap is highly effective for staying healthy.

Use hand sanitizer with at least 60% alcohol when soap and water aren't available.

### Key times to wash hands

1. Before, during, and after preparing food
2. Before and after eating food
3. Before and after caring for someone at home who is sick with vomiting or diarrhea
4. Before and after treating a cut or wound
5. After using the toilet
6. After changing diapers or cleaning up a child who has used the toilet
7. After blowing your nose, coughing, or sneezing
8. After touching an animal, animal feed, or animal waste
9. After handling pet food or pet treats
10. After touching garbage



CREATED: 11/21/2025

Joseph N. DiVincenzo, Jr., *Essex County Executive*  
The Board of County Commissioners  
The Essex County Office of Public Health Management  
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# STEPS TO PROPERLY WASH YOUR HANDS



Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs.

**Follow these 5 steps every time.**

1. Wet your hands with clean, running water (warm or cold), 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.

**USE HAND SANITIZER WHEN YOU CAN'T USE SOAP  
AND WATER**

