



Public Health
Prevent. Promote. Protect.

November, 2023 Issue 1

NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!

FOODBORNE ILLNESS

Sometimes called food poisoning, it is common, costly, and often preventable. You can get food poisoning after swallowing food that has been contaminated with a variety of germs or toxic substances.

Every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from foodborne diseases.

FAST FACT ABOUT FOOD POISONING

SYMPTOMS OF FOOD POISONING

Often include diarrhea, vomiting, upset stomach, or nausea.

Clean: Wash your hands and surfaces often

Separate: Don't cross-contaminate

Cook: Cook to the right temperature

Chill: Refrigerate promptly

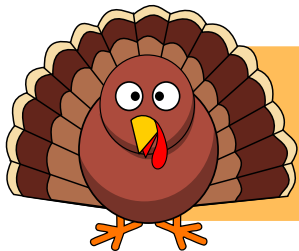
4 STEPS TO PREVENT FOOD POISONING

For more
information



NOW

LET'S TALK TURKEY



*Unsafe handling and under-cooking
your holiday bird can cause foodborne
illnesses*

Tips to keep your Thanksgiving safe and delicious

Clean



Wash your
hands for 20
seconds with
soap and
warm water



Utensils
Plates
Countertops
Cutting
boards

Should also
be washed

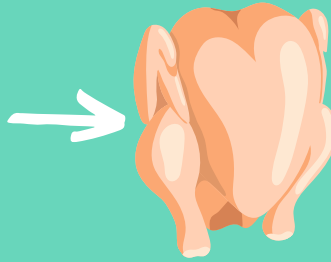
BACTERIA can be present inside and
outside a turkey and can't be washed
off the bird!! COOKING is the only
way to destroy it!



Separate

Keep dishes that touch raw food separate, too!!!

Separate raw turkey from ready to eat food, and use separate cutting boards, plates and utensils



Wash items that touch raw meat with soap and warm water

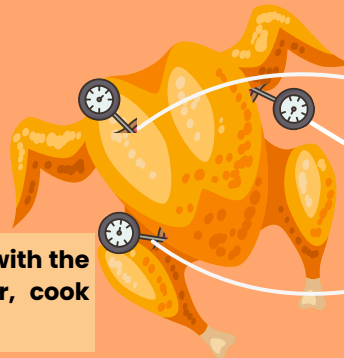
Cook

Use three places to check the temperature

Your bird is not safe until reaches 165 °F- you cannot tell by the color



Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!! Or to be safer, cook stuffing separate NOT inside the bird



Thickest part of breast

Innermost part of wing

Innermost part of thigh

Chill

Take your time around the dinner table, but refrigerate leftovers within 2 hours

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers

Safe Frozen
But use within 2-6 months

Safe in Fridge
3-4 Days

Reheat thoroughly to proper temperature

NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				✓	✓	✓
✓	✓	✗	✗	✗	✗	✗

Last day Thanksgiving leftovers are safe from the fridge

Remember, bacteria that cause foodborne illnesses often can't be smelled or tasted!

For more information



Sussex County
Office of Environmental Health

973-579-0370
shealth@sussex.nj.us

201 Wheatsworth Road,
Hamburg NJ 07419

TIPS FOR RESIDENTIAL HEATING OIL TANK OWNERS

Leaking heating oil tanks can contaminate public and private drinking water supplies, pollute soils, create the potential for fires and explosions, and subject tank owners to expensive cleanup costs often not covered by typical homeowner's insurance policies.

New Jersey law requires homeowners to take prompt action to minimize environmental/health risk

Why Yank That Tank?

• **Signs that a home heating oil tank is leaking can include:**

1. An unexplained increase in fuel oil consumption
2. Water in your underground storage tank
3. Constant problems with your oil burner
4. Staining on basement walls or floor
5. Oil sheen in the basement sump or French drain
6. Fuel oil odors in areas other than around the oil burner

• If you have any of the signs that a heating oil tank is leaking, contact your heating system service company to rule out maintenance problems. To determine if the problems are caused by a leaking fuel oil storage tank, contact a **DEP-certified environmental professional**.

• State grant and loan programs are available to provide financial assistance for removal and cleanup costs.

Financial assistance for removal and cleanup costs

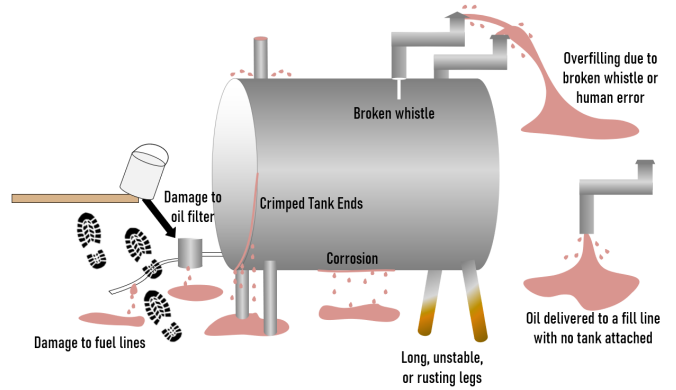


For more information Underground Heating Oil Tank program



For more information, visit <https://www.nj.gov/dep/srp/community/> or call the DEP Office of Community Relations at 1-800-253-5647.

Common Causes of Home Heating Oil Tank Leaks and Spills



Self-Inspection Checklist

If the answer is "YES" to any of the following questions, call an oil burner technician for a more detailed inspection and corrective measures.

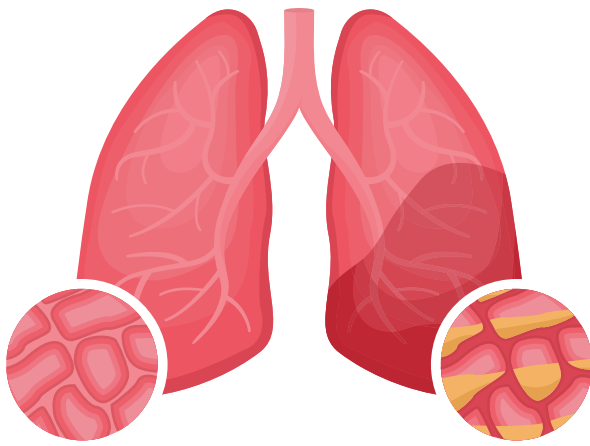
- Are the tank legs unstable or on a precarious foundation?
- Is the tank vent clogged or restricted by ice, snow, or insect nests?
- Are there any signs of rust, weeps, wet spots, or excessive dents on the tank's surface?
- Is the overfill whistle silent when the tank is being filled? (Ask your delivery person.)
- Are there any drips or signs of leakage around the filter or valves?
- Are there signs of spills around the fill pipe or the vent pipe?
- Do the oil lines between the tank and the furnace run either under concrete or aboveground without a protective casing?
- Is the fuel-level gauge cracked, stuck, or frozen...or are there signs of oil around it?
- Is there a danger of snow or ice falling on the tank?
- Are you using more oil than normal?



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NOVEMBER

IS PNEUMONIA AWARENESS MONTH

Pneumonia is an infection of the lungs that can cause mild to severe illness in people of all ages.

Risk Factors

- Adults 65 or older
- Children younger than 5 years old
- People who have ongoing medical conditions
- People who smoke cigarettes

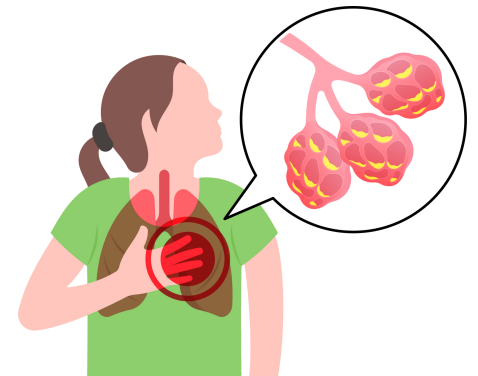
Types of Pneumonia

- Bacterial pneumonia:** it is the most common type.
- Viral pneumonia:** usually mild and goes away on its own within a few weeks.
- Fungal pneumonia:** more common in people with chronic health issues or weakened immune system.



Symptoms

- Chest pain
- Fatigue
- Fever
- Nausea
- Shortness of breath
- Confusion



IMMUNIZATION

- All children younger than 5 years old
- People 5 through 64 years old who are at increased risk for pneumococcal disease
- Adults 65 years or older

There are different types of vaccines. Discuss with your provider to see which vaccine is right for you.

For more information



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Office of Public Health Nursing

973-579-0570
scphn@sussex.nj.us

201 Wheatsworth Road,
Hamburg, NJ 07419

IT'S FLU SEASON

November, 2023

While seasonal influenza (flu) viruses are detected year-round in the United States, flu viruses typically circulate during the fall and winter months, known as the flu season.



Influenza

Flu is a contagious respiratory illness caused by influenza virus that infects the nose, throat, and sometimes the lungs. It can cause mild to severe illness and, at times, can lead to death.



Symptoms:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue

Transmission

Person to Person

The flu virus spreads mainly by droplets made when people cough, sneeze, or talk. These droplets can land in the mouths or noses of nearby people (usually within about 6 feet away).

IMMUNIZATION

Everyone 6 months and older in the United States should get an influenza (flu) vaccine every season with rare exception.

The high-dose flu vaccine is recommended for people of 65 years and older.

For more information



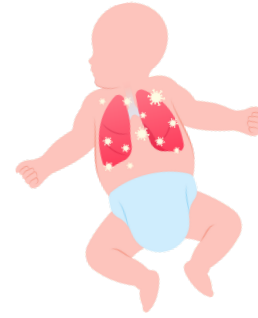
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IT'S RSV SEASON

November, 2023



RSV is seasonal, typically starting in the U.S. during the fall and peaking in the winter months.



Symptoms

- Runny nose
- Decrease in appetite
- Coughing
- Sneezing
- Fever
- Wheezing



RSV (Respiratory Syncytial Virus)

RSV is a common respiratory virus that usually causes mild, cold-like symptoms.

Transmission

An infected person coughs or sneezes

You get virus droplets from a cough or sneeze in your eyes, nose or mouth

You have direct contact with the virus, like kissing the face of a child with RSV

You touch a surface that has the virus on it, like a doorknob, and then touch your face before washing your hands

IMMUNIZATION

Getting an RSV antibody immunization for your baby if they are younger than 8 months and born during, or entering, their first RSV season.

Getting an RSV vaccine if you are 32–36 weeks pregnant during RSV season

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