



Public Health
Prevent. Promote. Protect.

February, 2024 Issue 4

NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!

Safe and Healthy Home

Good health starts at your home.



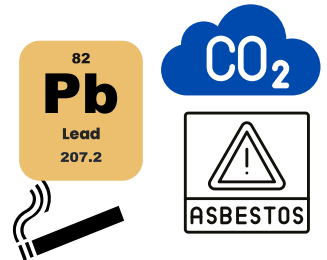
✓ KEEP IT DRY

Damp homes provide an environment for dust mites, roaches, rodents, and molds; It can cause or worsen asthma. Moisture can damage the building materials in your home.



✓ KEEP IT CONTAMINANT FREE

Levels of contaminants such as lead, radon, carbon monoxide, asbestos, and second-hand smoke are often much higher indoors.



✓ KEEP IT PEST FREE

Exposure to pests such as roaches and rodents can trigger an asthma attack.



✓ KEEP IT SAFE

Injuries such as falls, burns, and poisonings occur most often in the home, especially with children and seniors.



✓ KEEP IT CLEAN

Clean homes reduce pest infestation and exposure to contaminants.



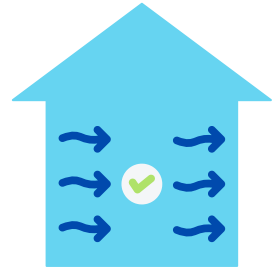
✓ **KEEP IT WELL MAINTAINED**

Poorly maintained homes are at risk for moisture, pest problems, and injury hazards.



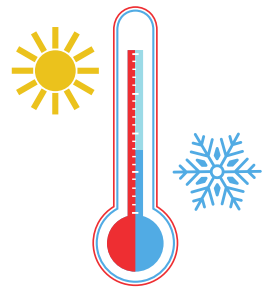
✓ **KEEP IT WELL-VENTILATED**

Having a good fresh air supply to your home is important to reduce exposure to indoor air pollutants and to increase respiratory health.



✓ **KEEP IT TEMPERATURE-CONTROLLED**

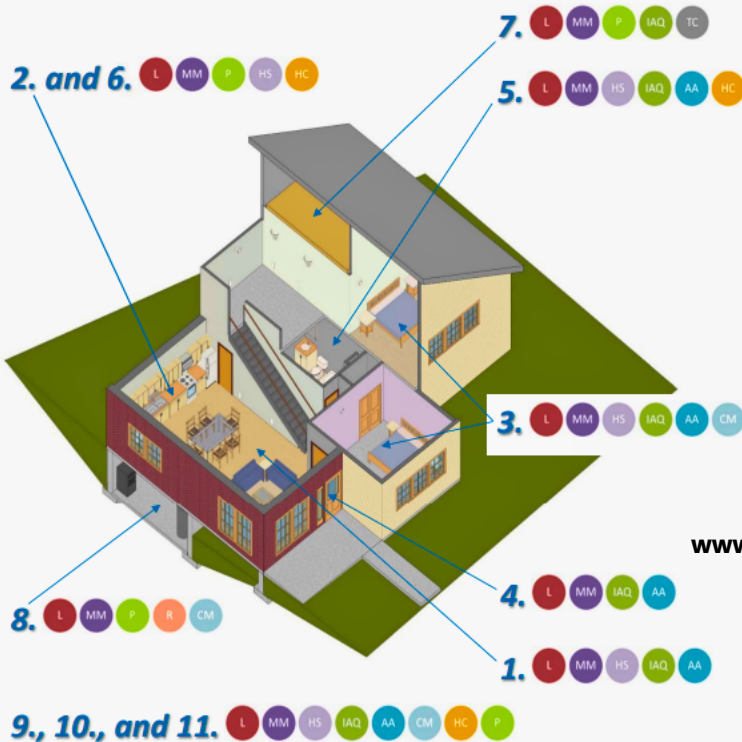
Homes without balanced and instant temperatures may increase your family's risk of exposure to extreme cold, heat, or humidity.



Room by Room Checklist for a Healthy Home

To help you connect the room, steps, and hazards please look for the following icons:

- | | |
|--------------------------------|------------------------------------|
| L Lead | P Pests |
| IAQ Indoor Air Quality | CM Carbon Monoxide |
| AA Asthma and Allergies | HS Home Safety |
| R Radon | HC Household Chemicals |
| MM Mold and Moisture | TC Home Temperature Control |



1. Living, Dining, and Family Rooms
2. Kitchen
3. Bedroom(s)
4. Entry
5. Bathrooms
6. Laundry
7. Attic
8. Basement (or Crawlspace)
9. Garage
10. Outside
11. General

www.hud.gov/healthyhomes

Healthy Homes PDF



Winter Weather

Know your winter weather terms

Blizzard Warning

Severe winter weather is expected within the next **12 to 36 hours** or is occurring -- including whiteout conditions.
Do not travel.

take action.

Winter Storm Warning

Dangerous winter weather is expected within the next **12 to 36 hours** or is occurring. **Considerable travel problems** are expected.

take action.

Winter Weather Advisory

Potentially dangerous winter weather is expected within the next **12 to 36 hours** or is occurring. **Travel difficulties** are expected.

be aware.



DRESSING FOR COLD WEATHER

adding layers will help keep you warm as the temperature drops

CHILLY



- 1-2 layers
- long layer
- outer layer to keep out wind, rain
- warm shoes water proof

COLD



- 2-3 layers
- gloves
- 1-2 layers
- warm hat
- outer layer to keep out wind, wet snow
- boots water proof


EXTREME COLD



- 3+ layers
- 1 insulating
- gloves
- 2+ layers
- warm hat
- face mask
- outer layer to keep out wind
- boots water proof

 weather.gov/safety

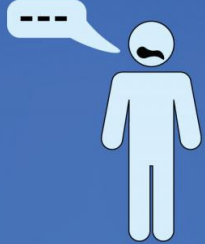
Warning Signs of Hypothermia




Confusion




Shivering



Difficulty Speaking



Sleepiness



Stiff Muscles

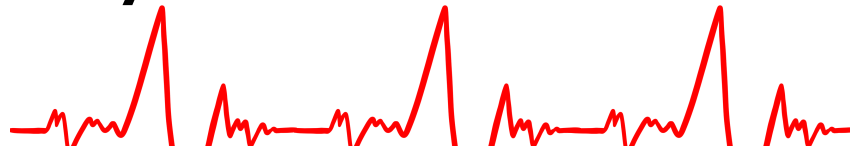


FEBRUARY

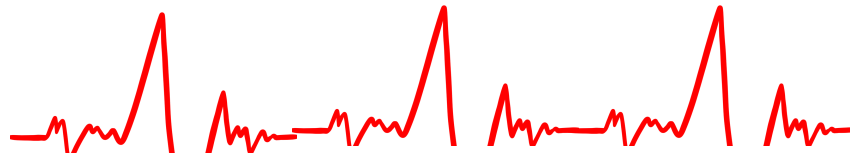
HEART AWARENESS MONTH



Heart Disease is the leading cause of death for both men and women in the United States. Take steps today to lower your risk of heart disease.

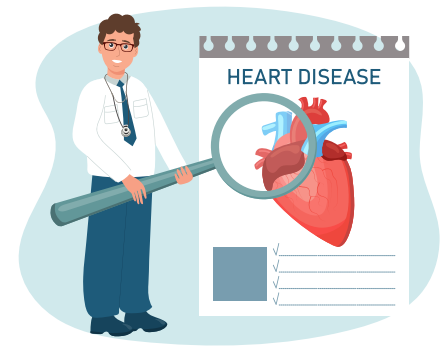


One person dies every 33 seconds in the United States from cardiovascular disease.



Risk Factors

- High blood pressure
- Diabetes
- Obesity
- Smoking
- Unhealthy diet



Prevention:

- Eat healthy
- Get active
- Stay at a healthy weight
- Quit smoking
- Control your cholesterol and blood pressure
- Manage stress

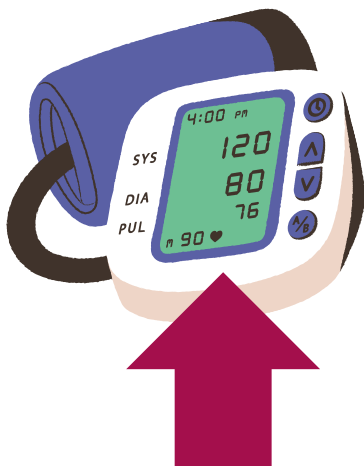


FEBRUARY

HEART AWARENESS MONTH



Blood Pressure is the pressure of the blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body.



Systolic: measures the pressure in your arteries when your heart beats.
Diastolic: measures the pressure in your arteries when your heart rests between beats.

Normal Blood Pressure

For more information
Scan Here



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



FEBRUARY

HEART AWARENESS MONTH



**For more information
Scan Here**

