



Public Health
Prevent. Promote. Protect.

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NEWSLETTER

Sussex County Division of Health



*Welcome to
the health
hub!*



Recycle Right!!

The "Recycle Right NJ" helps counties, municipalities, and businesses educate about the issue of recycling contamination.

RECYCLING CONTAMINATION is anything that finds its way into a recycling bin that does not belong there.

Don't be a clueless Contaminator
Keep these items out of your curbside recycling bin: hoses, cords, and clothes. These terrible tangles jam the recycling machinery.



Don't practice wishful recycling. When in doubt, throw it out.



Metal Mayhem

Don't toss used metal cookware, stainless-steel bottles, old paint cans or metal car parts in your curbside recycling bin.

Never put potentially explosive items like propane tanks; they are a prime cause of truck and recycling facility fires.





Skip the BAG
 Don't place your recyclables in plastic bags; they jam up recycling processing equipment and can even shut down a recycling center.

Disposable diapers are not recyclable! Please keep them out of your recycling bin.



Don't put that greasy pizza box in your recycling bin! It's an ingredient that can ruin your recycling!



Recycle Right NJ information



SCMU
 Sussex County
 Municipal Utilities Authority



For more information



What is RADON?

Radon is a radioactive gas that comes from the breakdown of naturally occurring uranium in soil and rock. It is invisible, odorless, and tasteless and can only be detected by specialized tests.



Radon enters homes through openings in contact with the ground, such as cracks in the foundation, small openings around pipes, and sump pits.

Test Your Home!

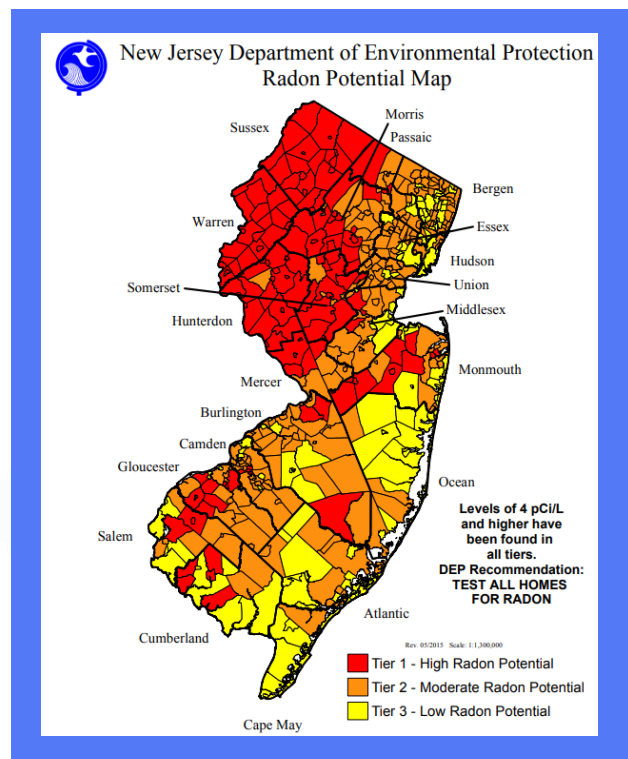
Testing your home for radon is easy, and homes with high radon levels can be fixed (mitigated). The New Jersey Department of Environmental Protection (NJDEP) recommends testing all homes for radon. Check with your local health department or municipality to determine if they are giving away free radon test kits.

Radon Causes Lung Cancer

Radon is the leading cause of lung cancer among non-smokers, according to the U.S. Environmental Protection Agency (USEPA).



For more information

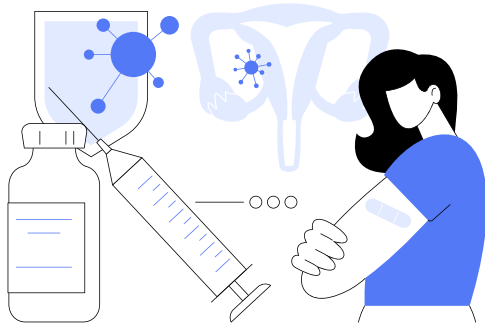
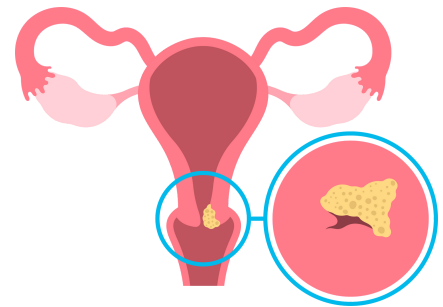


JANUARY IS CERVICAL CANCER AWARENESS MONTH



SYMPTOMS

- Vaginal bleeding after menopause.
- Vaginal bleeding between periods or periods that are heavier or longer than normal.
- Vaginal bleeding after sex.
- Vaginal discharge that is watery and has a strong odor or that contains blood.
- Pelvic pain or pain during sex.



RISK FACTORS

- HPV
- Multiple sex partners
- Family history
- Smoking

SCREENINGS

Cervical cancer screening with an HPV test alone every 5 years for everyone with a cervix from age 25 until age 65. If HPV testing alone is not available, people can get screened with an HPV/Pap co-test every 5 years or a Pap test every 3 years.



SAD: SEASONAL AFFECTIVE DISORDER



SAD



is a type of depression that happens during certain seasons of the year, mostly in fall or winter. It is thought that shorter days and less daylight may trigger a chemical change in the brain.

SYMPTOMS

- A persistent low mood.
- A loss of pleasure or interest in normal everyday activities.
- Feeling irritable.
- Feelings of despair, guilt, and worthlessness.
- Low self-esteem.
- Tearfulness.
- A feeling stressed or anxious.



TREATMENT

Treatment for seasonal affective disorder may include light therapy, psychotherapy, and medications. Your healthcare provider may recommend starting treatment with an antidepressant before your symptoms typically begin each year. Speak to your doctor to see what is best for you.

