



Public Health
Prevent. Promote. Protect.

July, 2024 Issue 9

NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!



Spongy Moth



The spongy moth, formerly known as the Gypsy Moth (*Lymantria dispar dispar*), is a destructive, invasive insect that threatens North America's forests. Its caterpillars feed on the leaves of more than 300 species of trees and shrubs, creating environmental and financial burdens for homeowners.

Learn to identify this insect pest and all its life stages!

- You can accidentally carry this insect pest on vehicles, camping, and other outdoor equipment. Be sure to inspect tents, campers etc.
- They can multiply from a hundred caterpillars to destructive levels in one or two years. **Place burlap and sticky bands on trees for early detection of all life stages.**
- There are no quick fixes. **A combination of biological, mechanical, and chemical strategies works best!!**
- The egg mass is more likely to be found on rocks or other places near the ground. **Keep your lawn and woodlot clean and free of hiding places (woodpiles, trash, unused equipment.)**

How to know the Gypsy Moth

Egg masses (late summer, winter, spring)

Female moths attach egg masses to trees, stones, walls, logs, and household items, such as patio furniture, children's toys, and lawn equipment.



Caterpillars (spring)



Adult moths (summer) Male moths are brown with a darker brown pattern. Females are nearly white and slightly larger.



Defoliated tree Infested trees may be partially or completely bare of leaves.



Lymantria Dispar Dispar (Gypsy Moth) Suppression

If you think you are having an infestation of gypsy moth, please visit the NJ Department of Agriculture's Gypsy Moth Suppression website at

<https://www.nj.gov/agriculture/divisions/pi/prog/gypsymoth.html>

or scan the QR code



The Suppression Program is not operated on a local level but through the State Department of Agriculture, that conducts aerial defoliation and ground egg mass surveys.

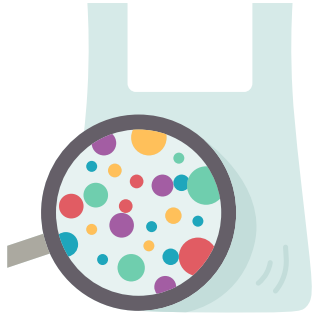
Microplastics

EVERYWHERE



What are microplastics?

Microplastics are small plastic pieces less than five millimeters long, which can harm our ocean and aquatic life.

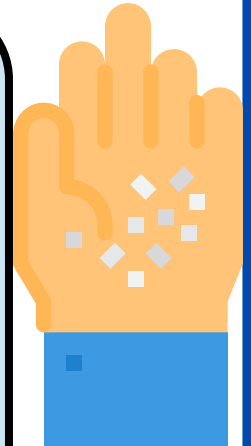


- These tiny particles easily pass through water filtration systems and end up in receiving waters.
- How microplastics impact human health and aquatic life is still unknown.

Sources of Microplastics

Over time, larger plastics degrade into microplastics, but microplastics also include originally manufactured products such as the following:

- Microbeads, found in cosmetics and personal care products, such as toothpaste;
- Industrial scrubbers used for abrasive blast cleaning;
- Microfibers, generated from washing synthetic clothing made of polyester and nylon; and
- Resin pellets used in the plastic manufacturing process.



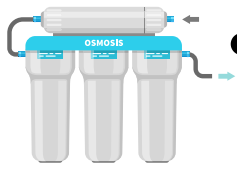
The Delaware River Basin Commission received a grant to monitor microplastics in the upper Delaware River Estuary. Samples were collected from Trenton, NJ to the C&D Canal in 2019, 2020, and 2021. The study aims to understand microplastic distribution, raise public awareness, and support cleanups to reduce plastic pollution in the area.

**For More Information
about the study**



How to avoid ingesting microplastics

- **Cut back on bottled water**



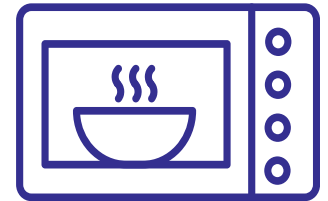
- **Get an NSF-certified water filter**

- **Don't use plastic to store food**



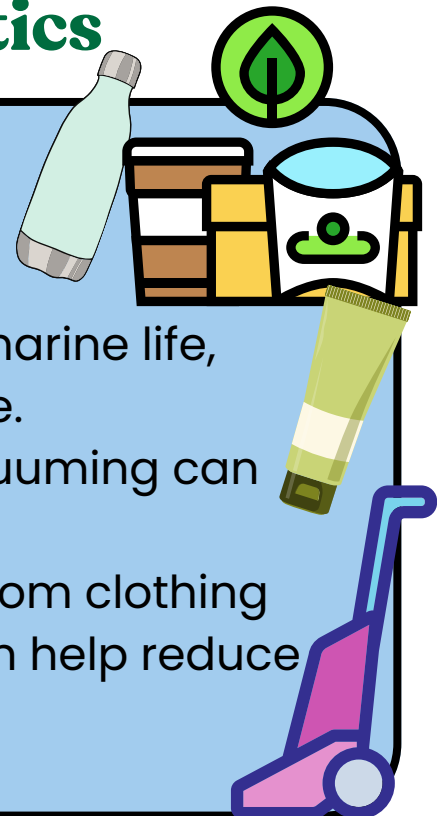
- **Don't reuse single-use plastics for food and drinks**

- **Don't microwave in plastic**



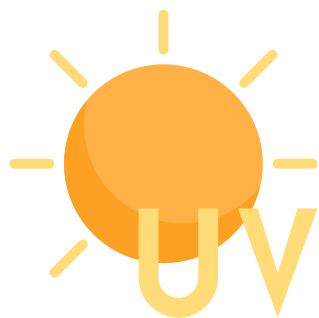
Other ways to avoid microplastics

- Use glass or stainless steel water bottles.
- Avoid products that contain microbeads.
- Choose eco-friendly packaging.
- Limit seafood: microplastics can build up in marine life, including fish, which can end up on your plate.
- Vacuum regularly: Regular cleaning and vacuuming can help prevent inhaling microplastics.
- Limit laundry cycles: Microplastics are shed from clothing with every laundry cycle, so fewer washes can help reduce the amount of microplastics released.



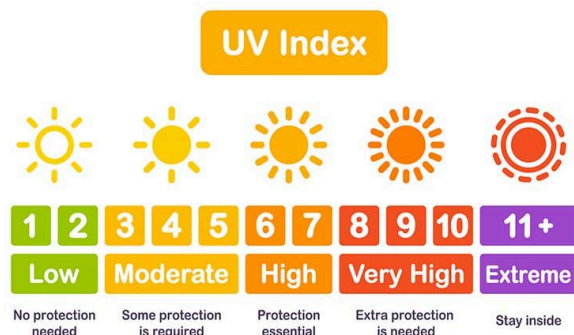
JULY

Is UV Index Awareness Month

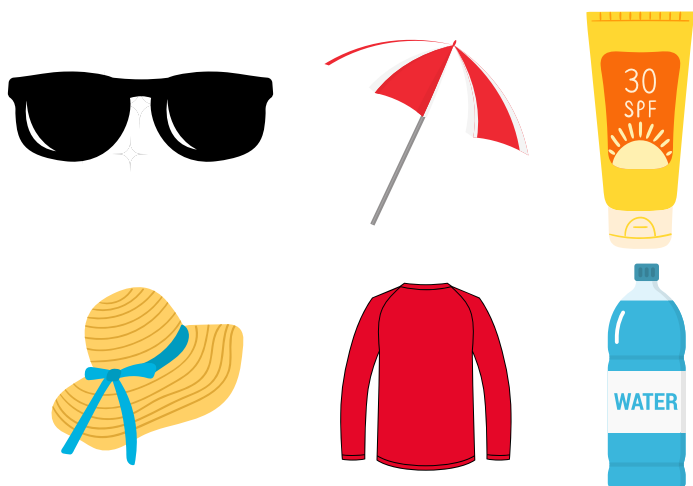


The ultraviolet index, or UV index, is an international standard measurement of the strength of the sunburn-producing ultraviolet radiation at a particular place and time.

The UV index chart is a color-coded scale that predicts the level of UV from the sun on a scale of 1-11+. The index is used to forecast the intensity of UV radiation at noon, when the sun is highest in the sky, but UV levels can fluctuate throughout the day.



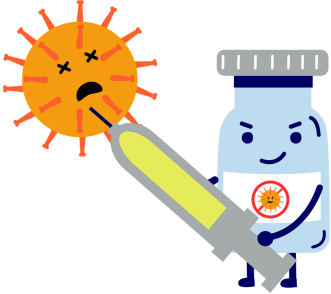
Take Care In The Sun



Scan the code and enter your zip code to find out what the UV index is.

Hepatitis B

Hepatitis B is a vaccine-preventable liver infection caused by HBV. HBV is transmitted when blood, semen, or another body fluid from a person infected with the virus enters the body of someone who is uninfected.

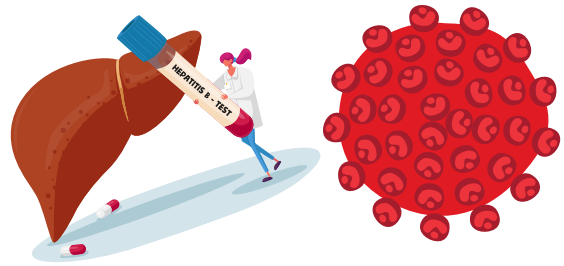


Who is at Risk?

- Infants born to people with hepatitis B.
- People born in certain countries where hepatitis B is common.
- People born in the US who were not vaccinated as infants and whose parents were born in countries with high rates of hepatitis B.

Symptoms

- Dark urine or clay-colored stools
- Feeling tired
- Fever
- Joint pain
- Loss of appetite
- Nausea, stomach pain, throwing up
- Yellow skin or eyes (jaundice)



Prevention Tips

- Get tested: All pregnant people should get a blood test for hepatitis B as part of their prenatal care. This is because hepatitis B virus can be passed easily from pregnant person to child during a vaginal delivery or C-section.
- Get your family tested and vaccinated: Your baby's family members and anyone else who lives in the household should get tested and vaccinated if needed. This is because the hepatitis B virus is very infectious and can pass between family members via blood, semen, or other body fluids.

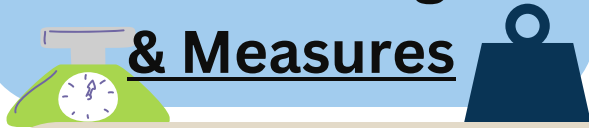


SPOTLIGHT

OF THE MONTH



Office of Weights & Measures



112 Sunset Inn Rd
Lafayette, NJ 07848
Phone 973-940-0614



Almost everything we buy is sold by weight, volume, length, count, or measure; for example, a dozen eggs, a liter of soda, a yard of cloth, a gallon of milk, a pound of hamburger, or a cord of firewood. Since we don't carry a scale or measuring tape with us, how can we be sure a pound is a pound and an inch is an inch?

Weights and Measures officials test various devices, including scales, price scanners, gasoline pumps, and meters for home fuel oil deliveries, to ensure accuracy and prevent businesses from giving away products due to inaccurate equipment.

Weights and Measures officials verify that packaged products have the correct content as stated on the label and that the advertised price matches the checkout price.

Scales and Scanners

- Always check for the Weights and Measures seal on the scales.
- Ensure scales are at zero before weighing items to avoid extra charges.
- Be cautious of scales in poor condition.
- Verify that the shelf price matches the scanner price.



Home Heating Oil

- For home heating oil, be present during delivery and check meter readings.



Gas Pumps

- At gas pumps, check for tested seals, price accuracy, and zero pump reset



Propane

- When filling propane, ensure the weight does not include the cylinder.



Timing Devices

- Check seals on commercial timing devices that charge a fee, indicating devices have been inspected (Vehicle parking meters, laundromat dryers, tire air pumps, car wash vacuums, etc.)

