



Public Health  
Prevent. Promote. Protect.

August, 2025  
Volume 2, Issue 8

# NEWSLETTER

## Sussex County Division of Health



Welcome to  
the health  
hub!

### UNDERSTANDING EMERGENCY AND WEATHER ALERTS



*Preparedness Starts with Awareness!*

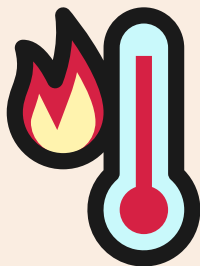


#### KNOW THE TERMS:

#### WATCH VS. ADVISORY VS. WARNING

Understanding the language used in weather alerts can help you act quickly and appropriately!

Watch	Advisory	Warning
<p>Hazardous weather is <b>possible</b>.</p> <p>Stay alert, make a plan, and be ready to act if the weather gets worse.</p> <p><u>Keep an eye out on updates!</u></p>	<p>Hazardous weather is <b>imminent</b> or <b>likely</b>.</p> <p>If caution is not exercised, could lead to situations that may threaten life or property.</p>	<p>Hazardous weather is <b>occurring</b> or <b>forthcoming</b> and is considered a threat to life or property.</p> <p><u>Likely requires immediate protective action.</u></p>



# **HAZARDOUS WEATHER SAFETY TIPS:**

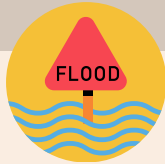
## **Extreme Heat**



- Stay Hydrated
- Remain Indoors
- Check on Elderly, Neighbors, and Relatives
- Never Leave Kids or Pets in Cars

## **Flood**

- Know Your Flood Risks
- Do not Walk, Swim, or Drive Through Floodwaters – Turn Around, Don't Drown!
- Move to Higher Ground



## **Power Outage**



- Keep Flashlights and Batteries Accessible
- Unplug Electronics to Avoid Damage When Power Returns
- Use Generators Outside Only to Avoid Carbon Monoxide Poisoning

## **Severe Thunderstorm**

- Stay Indoors and Away from Windows
- Avoid Using Electrical Appliances
- Postpone Outdoor Activities



## **Emergency Preparedness Kit**

Make sure your home is stocked with:

- ✓ Flashlights & Batteries
- ✓ Medications
- ✓ Cash
- ✓ First Aid Kit
- ✓ Portable Charge
- ✓ At least 3 days' supply of water and food



## **Sussex County Division of Emergency Management**

**The Sussex County Division of Emergency Management is a county-level emergency service required by statute that coordinates all available resources to serve the needs of Sussex County during times of emergency events and disasters.**

**SCAN THE QR TO  
SIGN UP FOR  
SUSSEX COUNTY  
EMERGENCY ALERTS**



# AUGUST IS: IMMUNIZATION AWARENESS MONTH



## A HEALTHY TOMORROW STARTS WITH VACCINES TODAY!

Vaccines play a vital role in protecting people of all ages. Whether you're preparing your child for school or managing your own health, staying up to date on immunizations helps keep our families and communities safe.

### IMMUNIZATIONS AT EVERY AGE

#### Babies & Toddlers

- Protect against measles, polio, hepatitis B, and more during early development.

#### School-Age Children

- Back-to-school? Make sure required vaccines like MMR, Tdap, and varicella are current.

#### Adults

- Keep up with flu shots, COVID-19 boosters, Tdap, and other catch-up vaccines.

#### Seniors

- Older adults should talk to their doctor about shingles, pneumonia, and RSV vaccines.

### STAY AHEAD OF SCHEDULE

Now is a great time to:



Book a back-to-school checkup



Review adult booster needs



Get your annual flu shot

National Immunization Awareness Month



### VACCINATIONS WE OFFER

- Flu Vaccination
- Hepatitis B Vaccination
- COVID Vaccination
- Child Health Vaccinations
- Adult Vaccinations



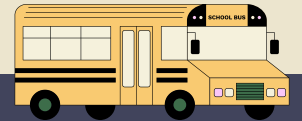
### CONTACT INFO

Scan the QR code for  
more information!

Or reach out to us  
directly!

# BACK TO SCHOOL CHECKLIST

**Get Ready for a Healthy School Year!**



## Immunizations

- ☐ Review vaccine records
- ☐ Schedule required shots
- ☐ Ask about:
  - MMR, Tdap, Polio, Varicella, HPV, Meningitis, Hep A&B
- ☐ Provide updated records to schools



## Health & Medical

- ☐ Schedule well-child check-up or sports physicals
- ☐ Get vision & hearing screenings
- ☐ Update allergy/condition info & medications
- ☐ Submit emergency contacts and health forms

## Dental & Hygiene

- ☐ Schedule dental cleaning & exam
- ☐ Restock hygiene supplies (toothbrush, sanitizer, tissues)
- ☐ Review handwashing & personal care routines



## Nutrition

- ☐ Plan healthy lunches & snacks
- ☐ Enroll in or update school meal program
- ☐ Pack a water bottle daily
- ☐ Encourage regular meals & hydration



**A quick health check now sets your child up for a healthy, confident school year.**

**Stay prepared and connected with your school and provider!**





# NATIONAL WELLNESS MONTH

## MENTAL + PHYSICAL



### Self-Care Isn't Selfish – It's Essential

There are several ways to take care of yourself.  
Give yourself permission to try new things to improve your overall wellness!  
Here are a few ideas:

#### Practice Good Sleep Hygiene

Try to go to bed at the same time each night to develop a consistent routine.

#### Exercise Daily



Make sure you exercise your body in a way that feels good and is enjoyable for you, whether you choose to play a sport, work out at the gym, or keep it simple, like taking a walk.

#### Develop Healthy Stress-Management Coping Mechanisms

We all need ways to cope with daily stress, whether it be through visualization, deep breathing, meditation, or talking to a trusted loved one or therapist.

#### Socialize



Wellness can be improved by spending time with loved ones. It may be beneficial to get outside of your comfort zone and meet new people if you're spending too much time alone.

Scan the QR code for  
different Health &  
Wellness Programs  
the County offers to  
Seniors!



Scan the QR code for  
different Mental  
Health resources the  
County offers!





# SPOTLIGHT

## OF THE MONTH

# SUSSEX COUNTY HAZMAT UNIT



The Sussex County HAZMAT team, consisting of county employees and volunteers who are trained and on call to respond to environmental and public health emergencies 24 hours a day, seven days a week.



The Sussex County HAZMAT team is strategically prepared to respond to incidents involving chemical, biological, radiological, and other potentially hazard substances. Its readiness makes it a vital asset for the municipalities within Sussex County.

