



Public Health
Prevent. Promote. Protect.

February, 2025
Volume 2, Issue 2



NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!

How to Care for Your Septic System

Upkeep comes down to four key elements

1. Inspect and Pump Frequently

These are the major factors that influence how often to pump your septic system:

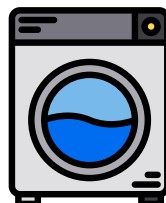
- **Household size**
- **Total wastewater generated**
- **Volume of solids in wastewater**
- **Septic tank size**



2. Use Water Efficiently

Conserving water in a household reduces the amount that enters the septic system, improving its operation and minimizing the risk of malfunctions.

- **High-efficiency toilets:** significantly reduce household water use, which accounts for 25–30% of total usage. Replacing old toilets with high-efficiency models can effectively decrease water entering septic systems.
- **Faucet aerators and high-efficiency showerheads:** help minimize water use and volume entering septic systems.
- **Washing machines:** Avoid washing small loads on large-load cycles; spread laundry throughout the week to prevent septic system issues. Choose ENERGY STAR certified washers, which use 35% less energy and 50% less water than standard models.



3. Properly Dispose of Waste

Everything that goes down your drain, whether flushed, ground, or poured, affects the performance of your septic system.

Toilets aren't trash cans!

Only flush human waste and toilet paper; avoid flushing anything else.

Never flush:

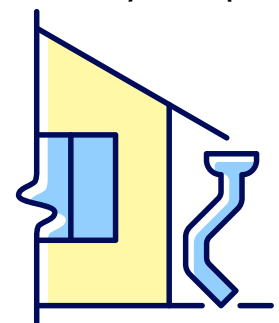
- Cooking grease or oil
- Non-flushable wipes, such as baby wipes or other wet wipes
- Feminine hygiene products
- Condoms
- Dental floss
- Diapers
- Cigarette butts
- Coffee grounds
- Cat litter
- Paper towels
- Pharmaceuticals
- Household chemicals like gasoline, oil, pesticides, antifreeze, and paint or paint thinners



4. Maintain your Drainfield

Your drainfield is a crucial part of your septic system that filters contaminants.
To maintain it:

- **Parking:** Avoid parking or driving on the drainfield.
- **Planting:** Plant trees at a safe distance to prevent root invasion; consult a professional for guidance.
- **Placing:** Keep roof drains and other drainage systems away to prevent excess water from disrupting treatment.



Winter Weather Hazards



- **Nor'easters**

feature strong winds, rain or snow, and large waves. They erode beaches, lead to inland flooding, and create ice and snow. These storms result from interactions between low and high-pressure systems, with their severity influenced by their strength. Their slow movement allows damage to accumulate, trapping tidal waters and causing flooding.

- **Blizzard**



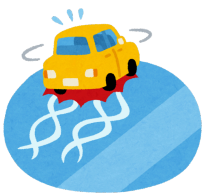
has winds over 35 mph and visibility below 1/4 mile for at least three hours. Heavy snow can immobilize areas, stranding commuters and disrupting services. Accumulated snow may cause roof, tree, and power line collapses, isolating homes and farms.

- **Wind Chill, Frostbite And Hypothermia**

Wind Chill illustrates how wind and cold together impact exposed skin by accelerating heat loss from the body, lowering body temperature. Hypothermia occurs when heat loss surpasses heat production, affecting brain function and awareness of danger. A body temperature below 95°F is considered an emergency.



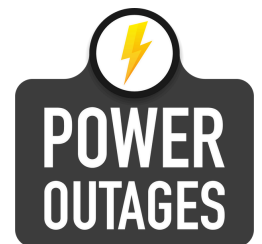
- **Ice And Road Hazards**



Heavy ice can cause the collapse of trees, utility poles, and communication towers, disrupting power and communications. Even small ice accumulations are dangerous for drivers and pedestrians, particularly on bridges and overpasses. Heavy snow can also reduce visibility and create hazards, making it advisable to avoid driving during winter storms when possible.

During a power outage, follow these guidelines:

- ****Life Support****: Notify your utility and local police immediately.
- ****General****:
 - Contact the utility company for repair updates.
 - Unplug appliances to prevent overload; leave one light on.
 - Open faucets slightly to avoid frozen pipes.
 - Avoid carbon monoxide poisoning: don't use generators indoors or cook with charcoal inside.



Keep refrigerator and freezer doors closed to reduce food spoilage.



Heart Health



Heart Attack: Chest pain or discomfort, upper back or neck pain, heartburn, nausea or vomiting, extreme fatigue, dizziness, and shortness of breath.

Arrhythmia: Fluttering feelings in the chest (palpitations).

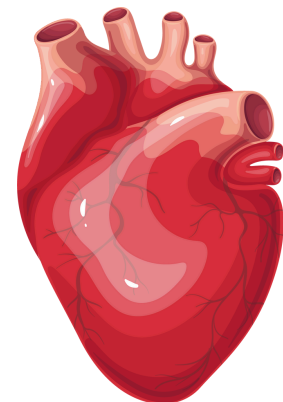
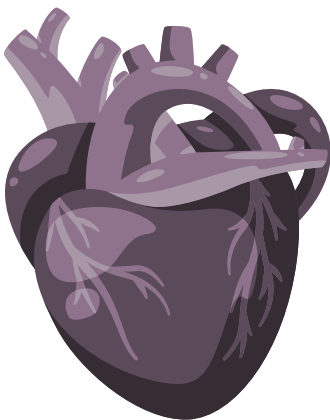
Heart Failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

Risk Factors

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

Treatment

- Physical activity
- Healthy eating
- Quit smoking
- Medication prescribed
- Cardiac rehabilitation



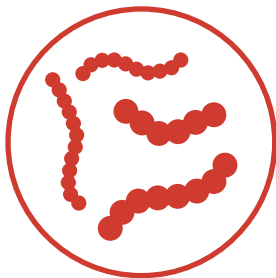
INVASIVE GROUP A STREP (IGAS)

IGAS: Invasive Group A Strep infections may manifest as any of several clinical syndromes, including pneumonia, bacteremia in association with skin infection (e.g., cellulitis, erysipelas, or infection of a surgical or nonsurgical wound), deep soft-tissue infection (e.g., myositis or necrotizing fasciitis), meningitis, peritonitis, osteomyelitis, septic arthritis, postpartum sepsis (i.e., puerperal fever), neonatal sepsis, non-focal bacteremia and streptococcal toxic shock syndrome (STSS)

STSS: Streptococcal Toxic Shock Syndrome is a severe illness associated with invasive or noninvasive GAS infection. STSS may occur with infection at any site but most often occurs in association with infection of a skin lesion. Signs of toxicity and a rapidly progressive clinical course are characteristic, and the case-fatality rate may exceed 50%; mortality is substantially lower in children than in adults.

Transmission

Person-to-person via large respiratory droplets through direct contact with patients or carriers, as well as via contact with saliva or nasal secretions, and with open sores and wounds



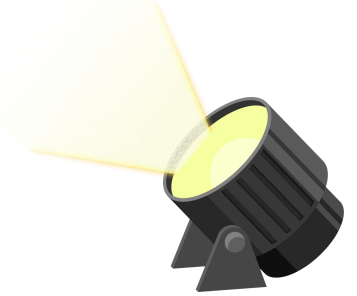
Incubation Period

Is usually one to five days, rarely longer; invasive GAS disease is variable but may be as short as 14 hours in some cases of STSS



SPOTLIGHT

OF THE MONTH



Sussex County Division of Health Office of Public Health Nursing

CHILD HEALTH CONFERENCE



Well-child care for children from birth to 5 years old (school entry). Includes age-appropriate parent guidance, physical exams, vaccinations, and screenings. Services are free for those who are uninsured.

LOCATION: Public Health Nursing Office
201 Wheatsworth Road
Hamburg, NJ 07419

2025 Dates

Tuesday 10am-12pm

January 28

March 25

May 27

June 24

August 26

September 23

October 28

November 25



Seen by appointment only.

For appointments call

973-579-0570 ext. 1275