



Public Health  
Prevent. Promote. Protect.

January, 2025  
Volume 2, Issue 1

# NEWSLETTER

## Sussex County Division of Health

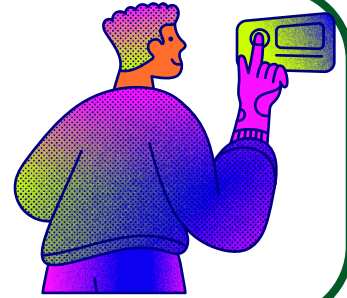


Welcome to  
the health  
hub!

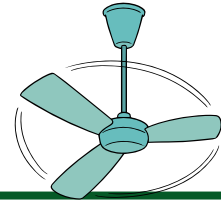
### Save Energy During Winter



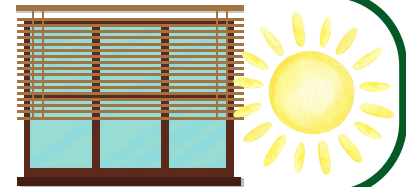
**Adjust your thermostat:** Set your thermostat to 68°F or lower, and lower it further when you're away or asleep. For every degree you lower your thermostat, you can save 1% on your energy bill annually.



**Use fans:** Use ceiling fans to circulate warm air, and set them to run clockwise in the winter.



**Cover windows:** Use insulated curtains at night, and open blinds, shades, or drapes during the day to let in the sun.



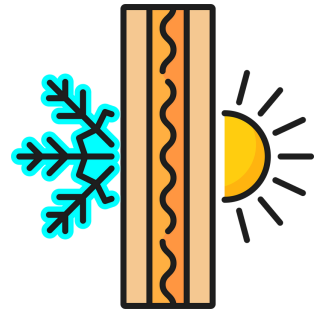
**Seal leaks:** Add caulk around window frames and weather-stripping around door frames to reduce air leaks.



**Maintain your HVAC:** Check and replace your air filter regularly, and have your HVAC inspected and cleaned twice a year.



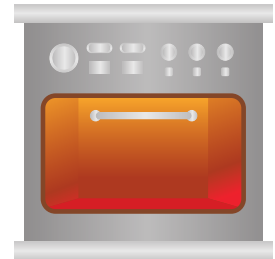
**Insulate:** Check your attic's insulation level, and insulate pipes to prevent burst pipes and help water heat up faster. You can also lay rugs on bare floors to help insulate them.



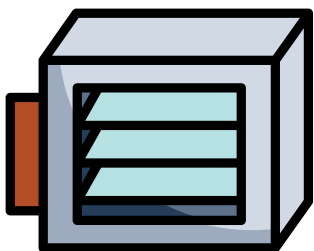
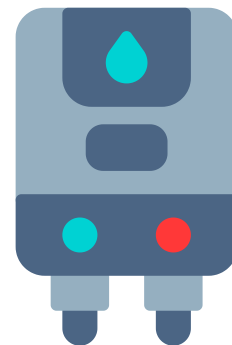
**Use energy-efficient light bulbs:** Switch to LED light bulbs.



**Use your appliances efficiently:** Turn off lights and appliances when you're not using them.



**Control your water temperature:** Set your water heater thermostat to 120°F or lower.



**Close fireplace dampers:** Keep fireplace dampers closed when you're not using them.

**Seal your chimney:** If you don't plan to use your chimney this winter, seal the chimney flue.

# Save Water



## 10 SIMPLE STEPS TO SAVE WATER THIS WINTER



Install low-flow showerheads and toilets. **1**



When you're buying grass seed, choose drought-tolerant grasses such as fine-leaf fescues. **6**



When replacing appliances, choose water efficient models. **2**



Keep your outdoor jacuzzi or spa covered to prevent evaporation. **7**



Only run your dishwasher and washing machine when they are full. **3**



Insulate exposed outdoor pipes and hose bibs. **8**



Compost your vegetable food waste instead of using the garbage disposal. **4**



Changing temperatures can cause pipes to break, check for leaks after any thaws. **9**



As you plan your spring and summer gardens, plan for native plants. **5**



Learn the locations of your homes water valves to be able to cut off water during emergencies like a burst pipe. **10**

The public is encouraged to follow these common-sense water conservation tips. For additional water conservation tips, visit [dep.nj.gov/conserve-water/](http://dep.nj.gov/conserve-water/)

For updated information about the status of New Jersey's water supplies, visit [dep.nj.gov/drought](http://dep.nj.gov/drought)

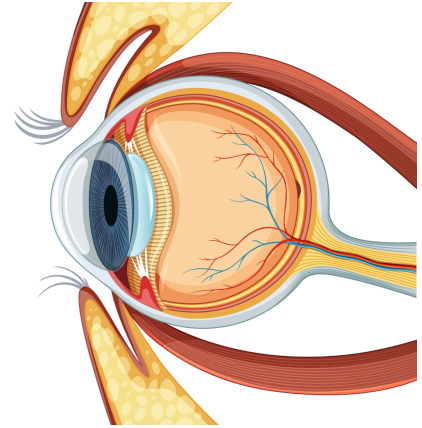


# GLAUCOMA

Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and even blindness. About 3 million Americans have glaucoma, and it's the second leading cause of blindness worldwide.

## Symptoms

Open-angle glaucoma, the most common form, results in increased eye pressure. There are often no early symptoms, which is why 50% of people with glaucoma don't know they have it.



## Risk Factors

Anyone can get glaucoma, but certain groups of people have a higher risk, including:

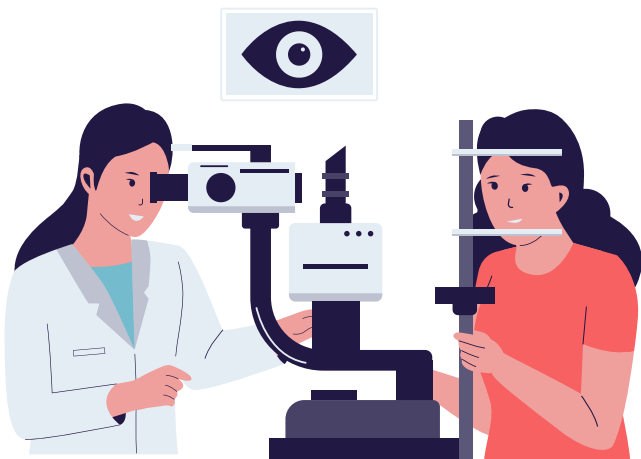
Black people over age 40.

All people over age 60.

People with a family history of glaucoma.

People who have diabetes.

For more information  
scan the QR code



# CERVICAL CANCER

Cervical cancer is a disease in which cells in the cervix grow out of control.

The cervix connects the vagina (birth canal) to the upper part of the uterus. The uterus (or womb) is where a baby grows during pregnancy.

## Symptoms

Early on, cervical cancer may not cause signs and symptoms. Advanced cervical cancer may cause bleeding or discharge from the vagina that is not normal for you.

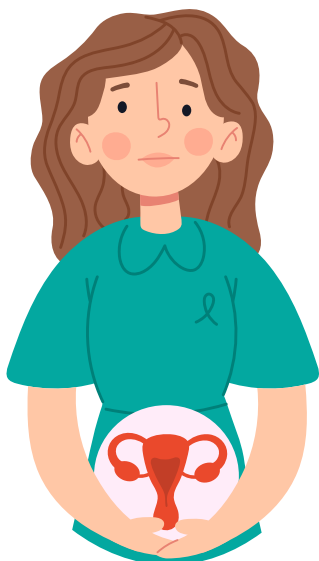


## Screening Tests

The HPV test looks for the virus (human papillomavirus) that can cause cell changes on the cervix.

The Pap test (or Pap smear) looks for precancers, cell changes on the cervix that might become cervical cancer if they are not treated appropriately.

## For more information

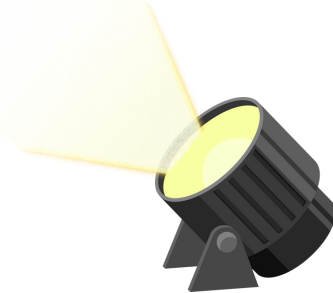


05 / 06



# SPOTLIGHT

## OF THE MONTH



### Sussex County Warming Centers

The County of Sussex wants to remind residents that all county libraries will be open as warming centers and charging stations. The hours of operation for each location are listed below. In addition, the Sparta Police Department is also a 24/7 warming center and charging station.

**Please be aware that county libraries will be closed on county holidays and county-issued snow days.**

**Sparta Township Police Department**  
65 Main Street, Sparta, NJ 07871

24/7 Warming Center

**Montague Municipal Building**  
277 Clove Road, Montague, NJ 07827

Monday - Friday 8:30am - 4:00pm

**Main Library**  
125 Morris Turnpike, Newton, NJ 07860

Monday through Thursday 8:30am - 8:30pm  
Friday 8:30am - 5:00pm  
Saturday 9:00am - 5:00pm

**Dennis Branch**  
101 Main Street, Newton, NJ 07860

Monday and Wednesday 9:00am - 8:00pm  
Tuesday, Thursday, Friday 9:00am - 5:00pm  
Saturday 9:00am - 5:00pm

**Dorothy Henry Branch**  
66 Route 94, Vernon, NJ 07462

Monday, Wednesday, Friday 9:00am - 5:00pm  
Tuesday and Thursday 9:00am - 8:00pm  
Saturday 9:00am - 5:00pm

**Franklin Branch**  
103 Main Street, Franklin, NJ 07416

Monday, Wednesday, Friday 9:00am - 5:00pm  
Tuesday and Thursday 9:00am - 8:00pm  
Saturday 9:00am - 5:00pm

**Louise Childs Branch**  
21 Stanhope Sparta Road, Stanhope, NJ 07874

Monday, Wednesday, Friday 9:00am - 5:00pm  
Tuesday and Thursday 9:00am - 8:00pm  
Saturday 9:00am - 5:00pm

**Sussex-Wantage Branch**  
69 Route 639, Wantage, NJ 07461

Monday and Wednesday 9:00am - 8:00pm  
Tuesday, Thursday, Friday 9:00am - 5:00pm  
Saturday 9:00am - 5:00pm