



Public Health
Prevent. Promote. Protect.

September, 2025
Volume 2, Issue 9

NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!

IS YOUR WELL WATER SAFE?



While public water systems are tested regularly by law, if your water comes from a private well, **you are responsible** for testing it.

Common Contaminants Found in Private Wells

Arsenic: A cancer-causing chemical found naturally in NJ groundwater.

Nitrate: From fertilizers; dangerous for infants and can reduce oxygen in the blood.

Per- and polyfluoroalkyl substances (PFAS)– From PFAS manufacturers and other sources. Lowers birth weights, effects immune system, and increases cancer risks.

Bacteria: Originating from human or animal waste.

Disinfection By-Products (DBPs):
Form when chlorine reacts with organic matter.

Radium, Uranium, Trichloroethylene, and Tetrachloroethylene: Additional hazardous substances monitored by NJDEP.

Why Is It Important to Test Your Well Water?

Private wells are not regularly monitored by the state, which means harmful contaminants can exist without any taste, smell, or color. To ensure your water is safe, regular testing is the most reliable method.

Where to Get Help with Testing:

- Use an NJDEP-certified lab for testing.
- Testing is required during real estate sales involving private wells.

For help with well testing, scan the QR code!



5 Easy Ways



To Protect Your House Against Mold

1

CONTROL MOISTURE

Keep indoor humidity low. Use dehumidifiers and air conditioners, especially in damp areas like basements and bathrooms.

2

FIX LEAKS PROMPTLY

Repair any leaks in roofs, walls, or plumbing immediately to prevent moisture buildup that can lead to mold growth.



3

IMPROVE VENTILATION

Use exhaust fans in kitchens, bathrooms, and laundry rooms. Make sure appliances like dryers vent outside, not indoors.

4

DRY WET AREAS IMMEDIATELY

Clean up spills and dry wet carpets, furniture, or building materials quickly to prevent mold spores from taking hold.



5

USE MOLD RESISTANT MATERIALS

When building or renovating, opt for mold-resistant drywall, insulation, and paint, especially in moisture-prone areas.





WHAT YOU SHOULD KNOW ABOUT VAPING



WHAT IS VAPING?

Vaping involves inhaling aerosol from an electronic device that heats a liquid, usually containing nicotine, flavorings, and chemicals. It's often seen as a smoking alternative, but it's not risk-free.

**SAY NO
TO VAPING**

HEALTH RISKS

- Addiction: Most vapes contain nicotine, which is highly addictive.
- Lung & Heart Issues: Vaping is linked to lung damage, breathing issues, and increased heart risks
- Mental Health: Vaping can increase anxiety and mood swings.

YOUTH & VAPING

1 in 10 high school students vape. Flavored products and sleek designs make them appealing to teens. Parents should stay alert and talk openly with their kids.



THINKING ABOUT QUITTING?

Help is Available:

- Call 1-800-QUIT-NOW
- Visit smokefree.gov
- Talk to a healthcare provider

**VAPING IS NOT HARMLESS.
STAY INFORMED AND SUPPORT
HEALTHY CHOICES!**

SEPTEMBER IS: NATIONAL CHOLESTEROL EDUCATION MONTH



WHAT IS CHOLESTEROL?

Cholesterol is a waxy, fat-like substance in your blood. Your body needs it to function, but too much "bad" cholesterol (LDL) can build up in your arteries and increase your risk of heart disease and stroke.

WHAT YOU CAN DO:

- Get your cholesterol checked with a simple blood test.
- Eat a heart-healthy diet with more fruits, vegetables, and whole grains.
- Exercise regularly – aim for 30 minutes most days.
- Quit smoking and limit alcohol use.
- Know your family history, as genetics can affect cholesterol levels.



NATIONAL OVARIAN CANCER AWARENESS MONTH

WHAT IS OVARIAN CANCER?

Ovarian cancer begins in the ovaries and can spread quickly if not found early. It's the fifth leading cause of cancer-related deaths among women in the U.S.

KNOW THE SYMPTOMS

Ovarian cancer can be hard to detect early, but common symptoms include:

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Frequent or urgent need to urinate

WHAT YOU CAN DO

- Know your family history – a higher risk may run in families.
- Talk to your doctor if symptoms arise.
- Get your annual Pelvic Exam and Pap Test.

Don't ignore changes in your body. Early action saves lives.

**Call the Office of Public Health Nursing at
(973) 579 – 0570 ext. 1216
for our NJCEED Clinic availability to get screened!**



NATIONAL PROSTATE CANCER AWARENESS MONTH

WHAT IS PROSTATE CANCER?

Prostate cancer occurs in the prostate gland, part of the male reproductive system. It often grows slowly and may not show symptoms in early stages – but when caught early, it's highly treatable.

RISK FACTORS INCLUDE:

- Age 50 and older
- Family history of prostate cancer
- African American men are at higher risk
- Diets high in red meat and low in fruits/vegetables

WHAT YOU CAN DO

- Know your family history – a higher risk may run in families.
- Talk to your doctor if symptoms arise.
- Live a Healthy Lifestyle: Eat well, exercise regularly, and limit alcohol.
- Get Screened: PSA (prostate-specific antigen) testing.



SUSSEX COUNTY DIVISION OF HEALTH OFFICE OF PUBLIC HEALTH NURSING



FALL FLU VACCINATION CLINICS 2025 BY APPOINTMENT ONLY

Byram Firehouse

Wednesday, October 8, 2025, 10am-12pm
225 US Highway 206, Byram, NJ 07821

Sussex County Library, Dorothy Henry Branch

Thursday, October 9, 2025, 3pm-5pm
66 Route 94, Vernon, NJ 07462

Sandyston Municipal Building

Saturday, October 18, 2025, 10am-12pm
133 Route 645, Sandyston, NJ 07826

Sussex County Library, Sussex-Wantage Branch

Wednesday, October 22, 2025, 4pm-6pm
69 County Road 639, Wantage, NJ 07461

Knoll Heights Senior Center

Thursday, October 23, 2025, 11am-1pm
40 Trapasso Drive, Sparta, NJ 07871

Fredon Civic Center

Saturday, October 25, 2025, 10am-12pm
436 Route 94, Fredon, NJ 07860

Flu Vaccine \$25.00 High-Dose \$70.00

Free with MEDICARE Part B and any BLUE CROSS BLUE SHIELD PLAN

Cash or Check Accepted. No Credit or Debit Cards

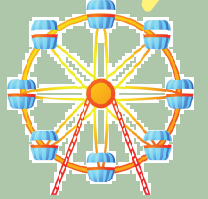
PLEASE CALL (973) 579-0570 ext. 1275 TO MAKE APPOINTMENT

SPOTLIGHT

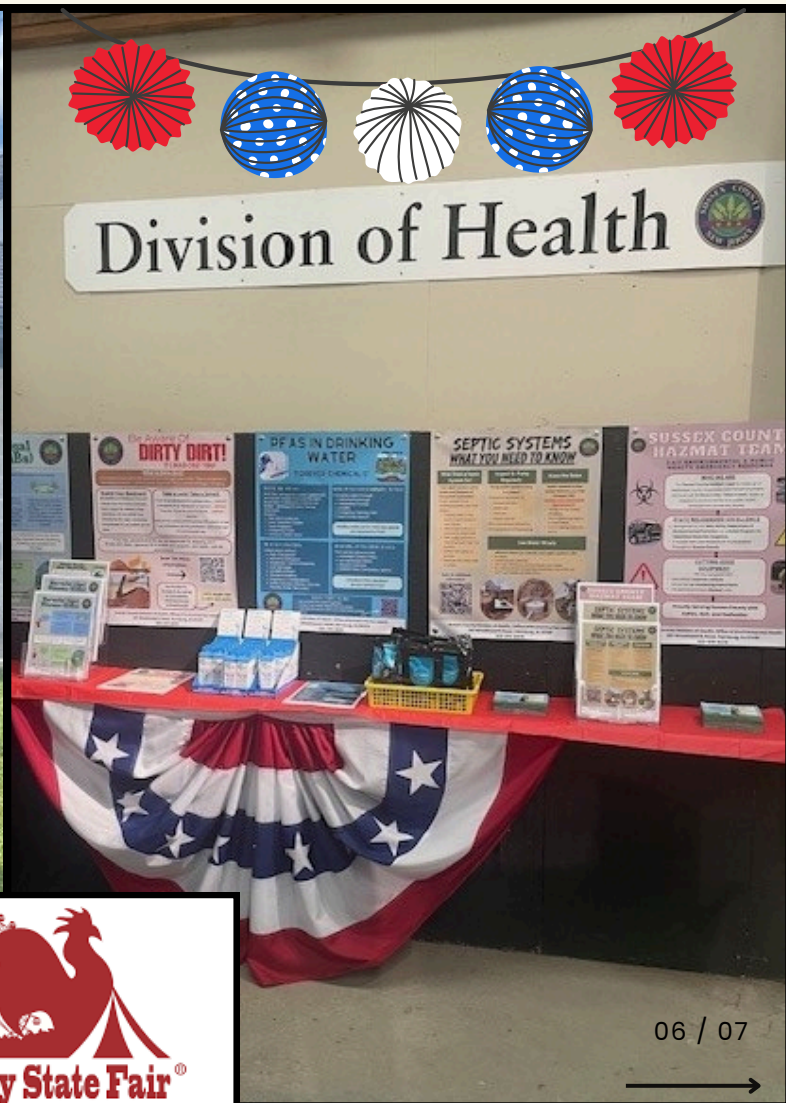
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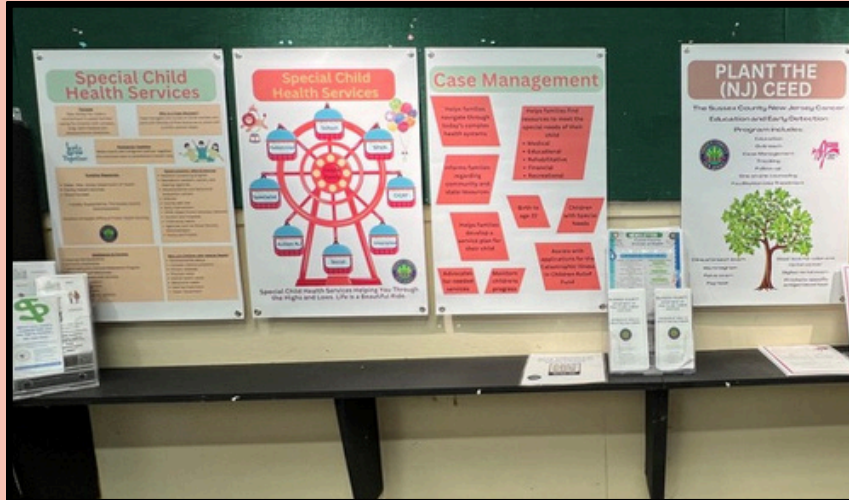


THE DIVISION OF HEALTH AT THE NEW JERSEY STATE FAIR



Registered Environmental Health Specialists conducted inspections and approved food vendors participating in the fair. Informational displays covered a range of topics such as harmful algal blooms, septic systems, contaminated soil, PFAS in drinking water, and the Clean Communities Program. To support the Clean Communities initiative, reusable bags were distributed. Children's Day featured activities aimed at educating kids about litter reduction and sustainability.





The Office of Public Health Nursing showcased its programs—Lead, Special Child Health, Cancer Education and Early Detection—while engaging with the public at the fair and providing free blood pressure screenings.

They also took part in Senior's Day by promoting Hydration and participated in Children's Day as an educational outreach for the Special Child Health program. The Medical Reserve Corps was also in attendance, offering opportunities for new member recruitment.

