



NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!

Norovirus

Norovirus is the leading cause of vomiting, diarrhea, and foodborne illness in the United States. It can infect and sicken people of all ages and spread easily and quickly.

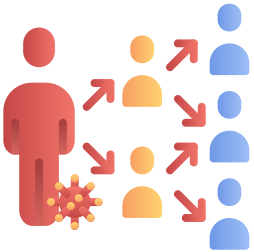


The symptoms of norovirus are:

- Diarrhea
- Vomiting
- Nausea
- Stomach pain

Other symptoms include:

- Fever
- Headache
- Body aches



Norovirus is very contagious and spreads very easily and quickly in different ways.

Norovirus can spread through contaminated food, water, sick people, and surfaces.



Prevent Norovirus

- **Wash hands often** with soap, water and for at least 20 seconds
- **Clean and disinfect surfaces**
 - Wash laundry thoroughly

- **Handle and prepare food safely**
- **Avoid preparing or handling food or caring for others when you are sick**

How You Treat Norovirus

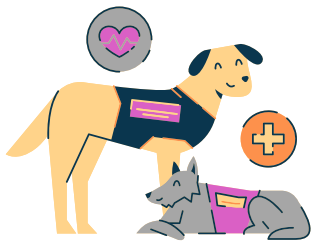
There is no specific medicine to treat people with norovirus illness.

• **Drink plenty of liquids**

Sports drinks and other drinks without caffeine or alcohol can help with dehydration.

Antibiotic drugs will not help treat norovirus infections because they fight bacteria, not viruses.



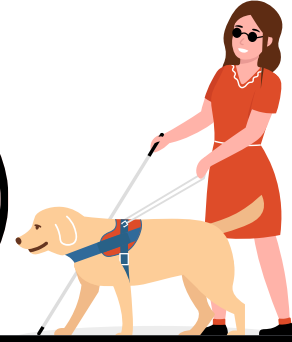


Service Animals



Service animals are defined as DOGS that are individually trained to do work or perform tasks for people with disabilities.

(ONLY DOGS can be Service Animals)



Service Animals are:

- Any breed and any size of dog
- Trained to perform a **TASK** related to a person's disability

Service Animals are:

- NOT** required to be certified
- NOT** required to wear a vest or other ID
- NOT** emotional support dogs, because providing emotional support is **NOT** a **TASK** related to a person's disability



The difference between emotional support animals and service animals

If a dog offers comfort without specific training, it is not considered a service animal under the Americans with Disabilities Act (ADA). However, if the dog is trained to assist with a disability-related task, like sensing anxiety attacks and taking action to mitigate them, it qualifies as a service animal under the ADA.



Where Can Service Animals Go?

Service animals are permitted in places like restaurants, shops, hospitals, schools, and hotels. However, they can be excluded if their presence changes the nature of the services provided. The ADA permits service animals but does not require them to sit at tables or be in shopping carts.



Asking if a Dog is a Service Animal

You may ask:

- Is the dog a service animal required because of a disability?
- What work or task has the dog been trained to perform?

You are **NOT** allowed to:

- Request any documentation
- Require that the dog demonstrate its task, or **INQUIRE** the person's disability

The service animal must be harnessed, leashed, or tethered while in public places. The dog can be off leash only to do its job.

SERVICE ANIMAL (NEW JERSEY)

The NJ Law Against Discrimination (LAD) entitles any person with disability who uses a service dog to full and equal enjoyment of all public facilities.

Recommendations: Service Animals

- Facilities like restaurants and supermarkets should display their service animal policy visibly.
- Public facilities should be knowledgeable about ADA requirements for service animals.
- All should be informed about distinguishing "therapy" versus "service" animals.





Planet vs. Plastics

For Earth Day 2024 on April 22nd, EARTHDAY.ORG is unwavering in their commitment to end plastics for the sake of human and planetary health, demanding a 60% reduction in the production of ALL plastics by 2040.

EARTHDAY.ORG aims to achieve a 60% reduction in plastic usage by 2040 through:

1. Raising awareness about plastic's impact on health and biodiversity.
2. Phasing out single-use plastics by 2030.
3. Advocating for policies to address plastic pollution from mass production by manufacturers.
4. Investing in innovative technologies for a plastic-free world.

Plastics pose a serious threat to human health, releasing toxic chemicals as they break down into microplastics, contaminating food, water, and air.



- ✓ Sign the Global Plastic Treaty.
- ✓ Always carry a reusable bag and utensils.
- ✓ Reject fast fashion (inexpensive clothing rapidly produced).
- ✓ Join a cleanup.
- ✓ Take a simple act of Green.
- ✓ Take the #PlasticsDetoxChallenge.



APRIL
AUTISM
AWARENESS MONTH



WHAT IS AUTISM?

Autism spectrum disorder (ASD) is a developmental disability that can cause significant social, communication and behavioral challenges.

EMBRACE
DIFFERENCES



DIAGNOSIS

Diagnosing ASD can be difficult since there is no medical test, like a blood test, to diagnose the disorder. Doctors look at the child's behavior and development to make a diagnosis. ASD can sometimes be detected at 18 months of age or younger.

TREATMENT

Current treatments for ASD seek to reduce symptoms that interfere with daily functioning and quality of life. Those with ASD have unique strengths and challenges and different treatment needs.

Always
Unique
Totally
Interesting
Sometimes
Mysterious





NATIONAL
**PUBLIC
HEALTH**
WEEK

**Protecting, Connecting
and Thriving: We Are All
Public Health**

April 1-7



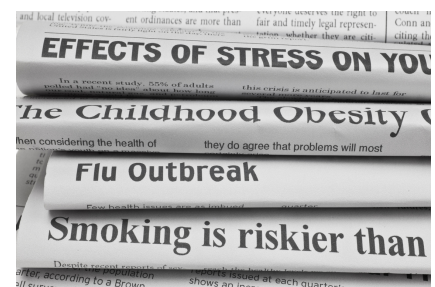
What is Public Health?

Public Health promotes and protects the health of all people and their communities.

Why is Public Health Important?

Public health improves our quality of life, helps children thrive, reduces human suffering and saves money.

Every day, the public health field is working, often behind the scenes, to help prevent hazards and the spread of disease to keep people healthy.



Who are some of the public health professionals?

- | | |
|--------------------------|------------------|
| Restaurant Inspectors | Epidemiologists |
| Community Health Workers | Biostatisticians |
| Health Educators | First Responders |
| Community Planners | Policy Makers |



Public Health
Prevent. Promote. Protect.





NATIONAL
**PUBLIC
HEALTH**
WEEK

Protecting, Connecting
and Thriving: We Are All
Public Health

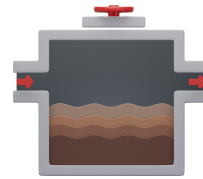


April 1-7

The mission of Public Health is to protect and promote good health for all Sussex County citizens through direct and responsive community activities.



Baby Clinic



Septic and Wells



Health Check



Health Education



Inspections



Rabies Program



**Scan Code
For More Information**

SPOTLIGHT

OF THE MONTH



InSite Health

Mental Health Services Now Open in Sussex County!

IMMEDIATE AVAILABILITY



InSite Health

AFFORDABLE, ACCESSIBLE MENTAL HEALTH CARE

From ongoing sessions to providing helpful resources, InSite's team provides patients and families with mental health care when and where it is needed most.

- ▶ Medicaid and Major Insurances Accepted
- ▶ Outpatient psychiatry for children & adults
- ▶ Open 8am-5pm Monday through Friday

Telehealth & In-Person
Psychiatric Care



Brandon Reid,
PMHNP-BC
Clinical Director



Gina Galiano,
PsyD, LPC, LCADC, ACS
Director of Outpatient Therapy

SCAN QR CODE
TO MAKE AN
APPOINTMENT



- ▶ Sussex County Location:

33 Newton Sparta Rd, Suite 3
Newton, NJ 07860

Phone: 862-273-3911

Please call to verify participation status.