



**Public Health**  
Prevent. Promote. Protect.

February, 2026  
Volume 3, Issue 2

# NEWSLETTER

## Sussex County Division of Health



Welcome to  
the health  
hub!



# Rabies

## AND ANIMAL BITES



**Rabies is a deadly virus spread through the saliva of infected animals, usually by a bite or a scratch.**

**Wild animals like raccoons, skunks, bats, foxes, and coyotes are most likely to carry rabies, but pets can be infected too.**

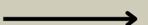
**Avoid all wild and stray animals. Do not touch or try to capture them, contact animal control or local police.**

**If you are bitten or scratched, wash the wound immediately with soap and water, seek medical care, and report the incident to the Division of Health at (973) 579-0370.**

**If your pet is bitten, contact your veterinarian immediately and report the incident.**



Scan the QR code  
for additional  
information





# UNDERSTANDING WHAT AN INSPECTOR DOES DURING A FOOD HEALTH INSPECTION



Environmental Health Inspectors play a vital role in protecting public health by ensuring food establishments follow safety regulations that prevent foodborne illness.

Their work helps keep restaurants, grocery stores, schools, and other food facilities safe for the community.

## What Does a Health Inspector Look For?



Properly Stored Food



Properly labeled Food Storage



Properly Stored Cleaning Supplies



General Cleanliness



Proper Usage of Gloves



Proper Temperature Control

## Why Inspections Matter

Food inspections help prevent illnesses like Salmonella, E. Coli, and Norovirus by identifying and correcting risks before people get sick.

## Education Comes First

Inspectors work with food operations to explain findings and promote safe food practices, not just enforce rules.

## How You Can Help

Practice safe food handling and report concerns to the Sussex County Division of Health, Office of Environmental Health.



February is:

# AMERICAN HEART HEALTH MONTH

## Know the Warning Signs



Understanding the signs of heart attack and stroke is crucial.

### Heart Attack Warning Signs

\*Symptoms may vary between women and men and may include, but are not limited to:

- Chest discomfort or pressure
- Shortness of breath
- Pain in the arm, back, neck, or jaw
- Nausea
- Unsteadiness
- Cold sweats

### Stroke Warning Signs (FAST)

- Face drooping
- Arm weakness
- Speech difficulty
- Time to call 911

## Why Heart Health is Important



Heart disease affects people of all ages and backgrounds. Risk factors such as high blood pressure, high cholesterol, smoking, diabetes, poor diet, and physical inactivity can increase the risk.

## Know Your Numbers



Regular checkups with a healthcare provider help you stay informed and in control. Important numbers to track include:

- Blood pressure
- Cholesterol levels
- Blood sugar

Talk with your healthcare provider about what your numbers mean and how often to check them.



# FEBRUARY IS: NATIONAL CANCER PREVENTION MONTH



## What is Cancer Prevention?

Cancer prevention focuses on reducing exposure to risk factors and increasing protective behaviors. Small, consistent actions can make a meaningful difference over time.

## Ways to Reduce Your Cancer Risk

### Eat a Healthy Diet

Choose fruits, vegetables, whole grains, and lean proteins.

Limit processed foods, red meats, and sugary drinks.



### Get Recommended Screenings

Screenings can detect cancer early, when treatment is most effective.

Talk to your healthcare provider about screenings for breast, cervical, colorectal, lung, and prostate cancers.

### Stay Physically Active

Aim for at least 150 minutes of moderate physical activity per week, such as a brisk walk or cycling.

Regular movement helps maintain a healthy weight and lowers cancer risk.



### Avoid Tobacco

Smoking and tobacco use are the leading preventable causes of cancer. Quitting at any age lowers cancer risk and improves overall health.



# PUBLIC HEALTH MYTH OR FACT?



Public Health  
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## Public Health Myths – Busted!

**✗ Myth:** Environmental health does not affect everyday life

**✓ Truth:** Air quality, drinking water, housing conditions, and waste disposal all directly impact your health.

**✗ Myth:** Only big cities need public health programs

**✓ Truth:** Rural and suburban areas rely heavily on public health for well testing, septic safety, animal control, and emergency preparedness.

**✗ Myth:** Foodborne illness is rare

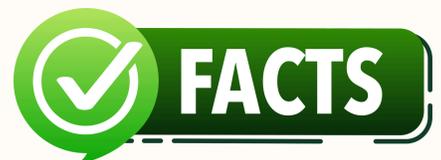
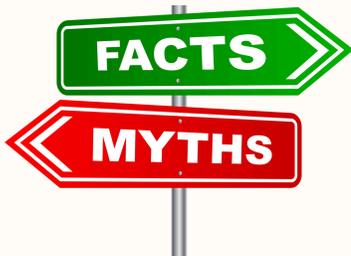
**✓ Truth:** Millions of Americans get sick from contaminated food each year. Most cases are preventable with safe handling and inspections.

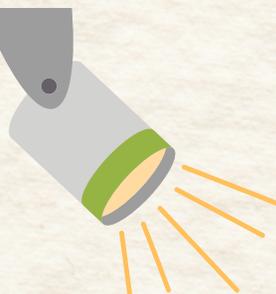
**✗ Myth:** Vaccines can give you the disease

**✓ Truth:** Vaccines train your immune system to fight disease. They do not cause the illness they protect against.

**✗ Myth:** Public health is only about hospitals and doctors

**✓ Truth:** Public health focuses on prevention—clean water, safe food, vaccinations, injury prevention, and healthier communities before people get sick.

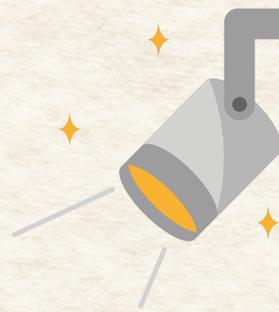




# SPOTLIGHT



## OF THE MONTH



## THE OFFICE OF ENVIRONMENTAL HEALTH

The Sussex County Office of Environmental Health works every day to protect public health and promote safe, healthy environments **across all 24 municipalities** in Sussex County.

Through inspections, investigations, education, and enforcement, the Office plays a vital role in preventing disease and environmental hazards in our community.

### Environmental Protection & Code Enforcement

Through partnerships under the County Environmental Health Act (CEHA), the Office supports enforcement of environmental regulations related to air and water pollution, solid waste, hazardous substances, noise control, and safe drinking water.

### Facility Inspections & Complaint Investigations

Ensuring compliance with health and safety standards for:

- Public recreational bathing facilities including beaches, pools, waterparks, and clubs
- Campgrounds and youth camps
- Restaurants, food storage, and food service establishments
- Body art (tattoo & piercing) businesses
- Wells, water systems, and septic systems
- Public health nuisance complaints
- Animal facilities – rabies and zoonosis control efforts
- Childhood elevated lead level cases

