

American Heart Month

ENGLEWOOD
HEALTH
DEPARTMENT

February 2025



Let's Protect Our Hearts

February is American Heart Month, a time dedicated to raising awareness about heart disease—the leading cause of death in the United States. Heart disease affects individuals across all demographics, but certain groups may be at higher risk due to factors like genetics, lifestyle, and access to healthcare. It can lead to serious health issues such as heart attacks, strokes, and other cardiovascular complications.

Prevention is key to combating heart disease. Adopting heart-healthy habits can significantly reduce your risk. This includes engaging in precautionary measures that are both safe and healthy. By making lifestyle changes, individuals can improve their heart health and contribute to a healthier community. Take action to protect your heart by following these tips:

Tips to Improve Heart Health
Get Enough Quality Sleep
Maintain a Healthy Weight
Be More Active
Stop Smoking
Control Cholesterol
Manage Blood Sugar
Manage Stress
Practice Self-Care & Find Social Support



Get Enough Quality Sleep

- Try to aim for 7-9 hours of sleep
- Go to bed and wake up at the same time each day
- Avoid caffeine and nicotine



Maintain a Healthy Weight

- Choose healthy snacks like fruits, vegetables and yogurt instead of sugary or high-calorie snacks
- Stay hydrated with water
- Read nutrition labels and choose food with the lowest fats, sodium and added sugars



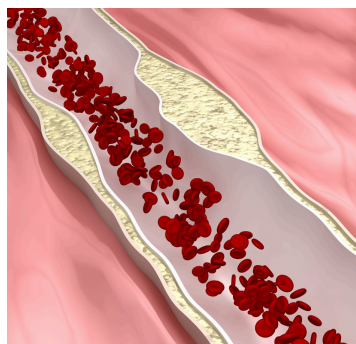
Be More Active

- Sit less
- Take the stairs
- Park farther away
- Take a walk
- If you don't have a lot of time in your day, try being active for 10 minutes at a time. The goal is to increase your heart rate!



Stop Smoking

- Select a quit date and write yourself a contract that outlines your plan for quitting
- Talk with your healthcare provider about programs and products that can help you quit
- Call 1-800-QUIT-NOW and visit smokefree.gov to get additional support



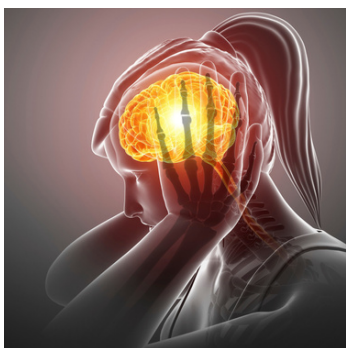
Control Cholesterol

- Eat a heart-healthy diet that is low in saturated fats, as these can raise LDL (good) cholesterol levels!
- Limit alcohol consumption. Drinking too much alcohol - more than two drinks a day for men or one drink a day for women - can raise your total cholesterol level



Manage Blood Sugar

- Eat a diet rich in whole foods, including vegetables, fruits, whole grains, lean proteins and healthy fats
 - Monitor your carbohydrate intake and choose complex carbohydrates such as whole grains and legumes to help control blood sugar levels
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Manage Stress

- Use relaxation techniques that combine breathing and focused attention on pleasing thoughts and images to calm the mind and body such as meditation



Practice Self-Care

- Try to do at least one self-care activity each day
- Make a doctor's appointment you have been putting off



Find Social Support

- Ask family and friends to text you reminders or encouragement to help you meet your health goals!

To learn more, visit:



National
Institute of
Health



American
Heart
Association



Centers for
Disease
Control &
Prevention

2025 FREE Rabies Clinic



Englewood Health Department
**2025 FREE
RABIES CLINIC**

Saturday, March 1st
11 am - 1 pm
Englewood Fire Department
81 S. Van Brunt Street
(rain date: March 15th)

CATS & DOGS WELCOME

Vaccinations only, no
licensing at this time

If your pet's vaccination expires
BEFORE October 31, 2025 a
booster vaccine is needed before
license can be renewed

Englewood residents may schedule free
rabies vaccinations by appointment only
at:

Englewood Cliffs Veterinary PA
34 Sylvan Ave, Englewood Cliffs, NJ 07632
(201) 461-8651

Food Handler courses



Food Safety 101

LOCATION:
TO BE DETERMINED

\$50 PER PERSON

NON-REFUNDABLE

**OUR 3-HOUR FOOD HANDLER
CERTIFICATION COURSE
COVERS:**

- HANDWASHING
- PERSONAL HYGIENE
- PREPARATION
- PREVENTION OF FOOD BORNE
ILLNESSES
- SAFE METHODS OF FOOD
HANDLING
- STORAGE OF FOOD

**TO REGISTER AND FOR
MORE INFORMATION,
PLEASE CONTACT:**

PLEWIS@ENGLEWOODNJHEALTH.ORG
(201) 568-3450 EXT. 510

AOSMANN@ENGLEWOODNJHEALTH.ORG
(201) 568-3450 EXT. 517

AT THE END OF THE CLASS, AN
EXAMINATION WILL BE ADMINISTERED
TO RECEIVE YOUR 3 YEAR CERTIFICATE.
**THE COST OF THE 3-HOUR COURSE IS
\$50.00**.** EXAMS AND PRESENTATIONS
WILL BE AVAILABLE IN ENGLISH OR
SPANISH. **THERE WILL BE A RETURN
CHECK FEE OF \$15.00**

Communicable Disease Corner

We're in the heart of
flu season, which typically
peaks between
December and February.



Annually flu causes around
9.3 million – 41 million illnesses, 120,000 –
710,000 hospitalizations and 6,300 – 52,000
deaths CDC. As of Jan. 31, 2025, seasonal
influenza activity remains high and continues
to increase across the US; COVID-19 activity is
elevated in many areas of the US; and RSV
activity is declining in many areas of the US
CDC.

This winter, NOROVIRUS—which causes
diarrhea and vomiting—has also been more
common. Norovirus is extremely contagious;
it spreads very easily and quickly. You can get
norovirus from sick people and through
contaminated food, water, or surfaces. People
with norovirus shed billions of virus particles
in stool and vomit, and the virus can survive
on surfaces for days or even weeks. Norovirus
can stay on food, countertops and serving
utensils for up to two weeks, even at freezing
temperatures and until heated to above 140F.
Norovirus is notorious also because you can
still spread it for two weeks or more after you
feel better.

How to Avoid Getting Sick

- The best way to protect yourself from the
flu and COVID-19 is to get vaccinated.
Both seasonal flu and COVID vaccines are
recommended for nearly everyone over
the age of six months.
- Whereas, RSV vaccine is recommended
for everyone over the age of 75 and people
over age 60 with increased risk of severe
disease. Pregnant women between 32
and 36 weeks are also able to get the
Pfizer RSV vaccine Abrysvo. Infants
entering their first RSV season are eligible
to get an injectable monoclonal antibody.
- Since there is no vaccine to protect
against norovirus, your best bet is to wash
your hands with soap and water for at
least 20 seconds and clean and disinfect
surfaces to help minimize the risk of
catching or spreading norovirus.

Verywell Health



Meet our newest team members, Bella & Nayzeth!

Hello! My name is Bella and I am the Executive Secretary/Sub-Registrar at the Englewood Health Department! My day to day involves assisting customers with obtaining certified copies of birth, marriage and death certificates. I absolutely love to read books, snowboard and make everlasting memories with my family and friends.
Fun fact: I have a 5 year old bunny named Maggie!



Hi, my name is Nayzeth, and I am a proud Englewood resident and graduate of the Academies at Englewood-BioMedicine. I am currently pursuing my Bachelor of Science in Public Health at Montclair State University graduating in May 2025, where I am a Presidential Scholar and Dean's List honoree. I am passionate about promoting community health and addressing health disparities through education and outreach. As an intern at the Englewood Health Department, I am excited to give back to the community that shaped me and to support local health initiatives that promote wellness for all.
Fun fact: I am also an intern ABA technician, providing therapy for children with Autism !

Thank you for reading!

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