



# Back to Healthy Habits!

## Keeping Kids and Families Well

As a new school year begins, it's the perfect time to make health a top priority for your family. With classrooms full and fall approaching, germs can spread quickly—but small habits can help keep everyone well. Encourage kids to wash their hands often, cover coughs and sneezes, and stay home when they're feeling unwell. Don't forget the flu shot—it's one of the best ways to protect your child, your family, and our community.

Here are a few more back-to-school health tips:



- **Build healthy routines:** Make sure children get enough sleep, eat balanced meals, and stay active.
- **Pack smart lunches:** Include a mix of fruits, vegetables, whole grains, and proteins to keep energy up.
- **Keep backpacks light:** Heavy bags can strain growing backs and shoulders—check them daily.
- **Stay up to date on vaccines:** Protect against flu and other preventable illnesses before the season gets into full swing.

Together, these small steps can make a big difference in keeping our schools and community safe, healthy, and thriving.

The Englewood Health Department will be hosting our annual **FREE children's flu vaccine clinic**. For more information, contact the Public Health Nurse: 201-568-3450 x511



September is

# Healthy Aging

Month

Healthy aging is about making choices today that support your well-being for years to come.

This September, take time to focus on habits that help you stay active, independent, and connected. Regular check-ups, staying socially engaged, and moving your body every day can make a big difference in how you feel and live.

Healthy aging isn't just about adding years to life - it's about adding life to years. Join us at our free community programs this fall to stay informed, active, and well.

## Community Resources

As always, you can contact the Englewood Health Department's Health Educator at 201-568-3450 x508 for information and resources. You can also find additional support at:

- [Age-Friendly Englewood](#)
- [Bergen County Division of Senior Services](#)
- [Southeast Senior Center](#)
- [The Community Chest of Eastern Bergen County](#)

## Tips for Healthy Aging

**Stay Active:** aim for at least 30 minutes of movement most days - walking, stretching, or light exercise all count!

**Eat for Wellness** -Choose colorful fruits and vegetables, lean proteins, and whole grains to fuel your body.

**Keep Your Mind Sharp** - Try puzzles, reading, or learning a new hobby to challenge your brain.

**Stay Connected:** Nurture relationships with friends, family, or community groups to support emotional health.

**Don't Skip Preventative Care:** Annual check-ups, flu shots, and recommended screenings help catch issues early.



Each **October**, communities come together to raise awareness about breast cancer and the importance of early detection.

Breast cancer is one of the most common cancers among women, but when found early, it can often be treated successfully. Taking steps to know your risk, stay up to date on screenings, and support loved ones can make a lasting difference.

This month is a reminder that early detection saves lives. Let's spread awareness, support one another, and take steps to protect our health.

#### **Breast Cancer Resources**

As always, you can contact the Englewood Health Department's Health Educator at 201-568-3450 x508 for information and resources. You can also find additional support at:

- [American Cancer Society – Breast Cancer Information](#)
- [Centers for Disease Control and Prevention \(CDC\) – Breast Cancer](#)
- [National Breast Cancer Foundation](#)
- [Susan G. Komen Foundation](#)

#### **Tips for Breast Health**

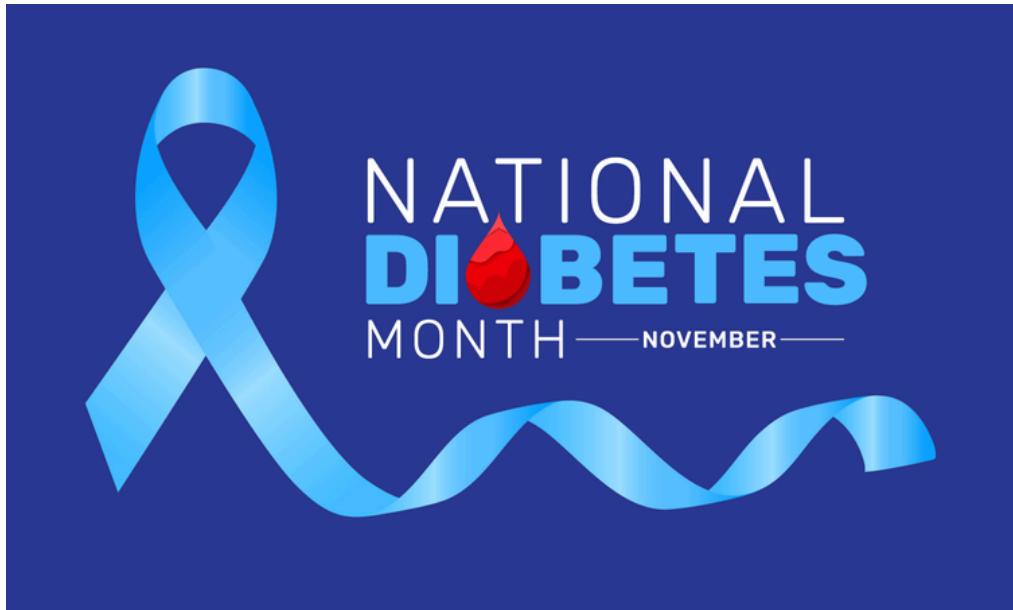
**Schedule regular screenings:** talk with your doctor about when to begin mammograms based on your age and risk factors

**Know your risk:** family history, lifestyle, and other factors can influence your risk - discuss these with your doctor

**Practice breast self-exams:** check your breasts monthly to become familiar with their normal look and feel. Report any changes- such as lumps, pain, or skin changes to your doctor

**Live a healthy lifestyle:** staying active, eating a balanced diet, limiting alcohol, and not smoking can all lower risk

**Support and share:** encourage friends and family to schedule their screenings and support those affected by breast cancer



## Diabetes affects more than 37 million people in the United States, and 1 in 5 don't know they have it.

This month is a reminder of the importance of early detection, prevention, and management. Type 2 diabetes, the most common form, can often be delayed or prevented through healthy habits like balanced eating, regular physical activity, maintaining a healthy weight, and getting routine check-ups.

If you or a loved one are living with diabetes, small steps can make a big difference in managing the condition—such as checking blood sugar regularly, following your care plan, and staying active. Talk with your healthcare provider about your risk and ways to stay healthy. Together, we can raise awareness, support those living with diabetes, and encourage healthier communities.

Source: Centers for Disease Control and Prevention (CDC), National Diabetes Statistics Report, 2022

### 12 Foods that Lower the Risk of Diabetes

**Fatty Fish**

**Leafy greens**

**Avocados**

**Nuts**

**Extra Virgin Olive Oil**

**Garlic**

**Berries**

**Broccoli**

**Legumes**

**Oatmeal**

**Greek Yogurt**



# Holiday Health & Safety

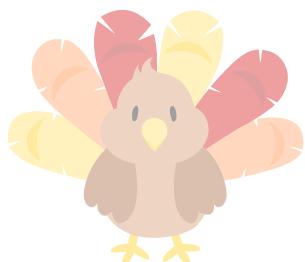
The fall season is full of celebrations—

Halloween, Thanksgiving, and gatherings with family and friends. While enjoying the season, remember a few simple steps can help keep you and your loved ones safe and healthy.

Here are a few fall holiday health and safety tips:

- **Food safety first:** Wash hands often, keep raw and cooked foods separate, cook foods to safe temperatures, and refrigerate leftovers promptly.
- **Wash your hands often:** It's one of the most effective ways to prevent the spread of germs and to keep kids and adults healthy.
- **Flu protection:** Stay up to date on your flu shot to reduce illness before the holidays.
- **Safe celebrations:** If you're feeling unwell, stay home to protect others. When gathering, encourage good handwashing and safe food handling.
- **Halloween safety:** Remind kids to walk in well-lit areas, carry a flashlight, and check treats before eating.
- **Travel smart:** Buckle up, avoid distractions while driving, and give yourself extra time around busy holiday weekends. Do not drink alcohol and drive.

By practicing small habits, you can enjoy the season's traditions while keeping yourself, your family, and your community healthy.



# TRAVELING INTERNATIONALLY?



## Track when you're back

If you traveled overseas to places where mosquito-borne diseases are present, look out for symptoms and seek medical care if you become sick when you return home.

Mosquito-borne diseases found overseas include chikungunya, dengue, malaria, Oropouche\*, yellow fever, and Zika.

## Symptoms to look for include:



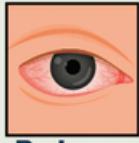
Fever



Rash



Headache



Red eyes



Muscle Pain



Joint Pain

## What else should you do?

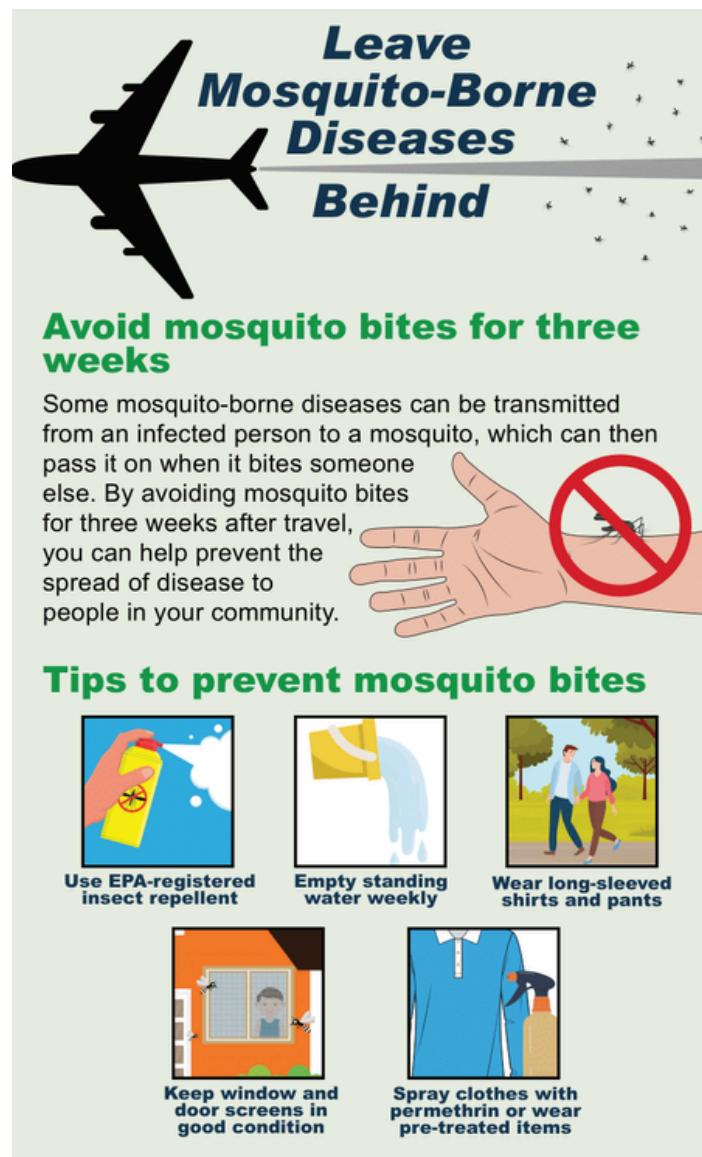
Take any malaria medication prescribed for your trip **exactly** as directed before, during, and after travel.

If you experience symptoms, call a health care provider right away and mention recent travel.

\* Oropouche virus is spread to people primarily by the bite of infected biting midges, but some mosquitoes can also spread the virus.



Continued on other side

A light blue rectangular graphic with a black airplane silhouette at the top. The text "Leave Mosquito-Borne Diseases Behind" is in blue and black. Below the airplane, a hand is shown with a red "no" symbol over it, and a mosquito is shown flying away. The text "Avoid mosquito bites for three weeks" is in green. Below that, a paragraph explains the reasoning. A list of six tips with corresponding icons follows.

## Tips to prevent mosquito bites



Use EPA-registered insect repellent



Empty standing water weekly



Wear long-sleeved shirts and pants



Keep window and door screens in good condition



Spray clothes with permethrin or wear pre-treated items

Check **CDC's Traveler's Health Page** for information on current health issues in your **Travel Destination** and recommended prevention measures.



# Free Flu Vaccine Clinics

## Annual Children's Flu Vaccine Clinic

**Free Flu vaccine for  
children 6 months to 18  
years old.  
No Health Insurance  
Needed.**

**Help Your Child  
Fight the Flu!**



**Saturday, September 20, 2025**

**11:00 am – 3:00 pm**

**Englewood Health Department  
73 S Van Brunt St, Englewood, NJ 07631**

**For more information, call (201) 568-3450 Ext. 511**



# Talk Saves Lives



AFSP's signature education program, *Talk Saves Lives: An Introduction to Suicide Prevention*, provides participants with life-saving knowledge and confidence critical to preventing suicide.

This presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to help save lives.

Participants will learn the common risk factors for suicide, how to spot the warning signs in others, and practical examples for how to engage in critical conversations and connect to resources.

Join us to learn how to keep ourselves, our loved ones and those in our community safe. When it comes to suicide prevention – talk truly can help to save lives.

## Date

October 15, 2025

## Time

7:00 pm

## Location

Elk's Lodge  
17 Bennett Road  
Englewood, NJ 07631

## RSVP

Alisa Smith, Paula Madera  
healthadmin@englewoodnjhealth.org

Brought to you by funds raised by  
Bergen County Dept of Health Services



[afsp.org/TalkSavesLives](http://afsp.org/TalkSavesLives)

Registration begins  
Sept. 1 - SCAN JERE



**ENGLEWOOD**  
**PROUD TO BE**  
**STIGMA-FREE**



American  
Foundation  
for Suicide  
Prevention



## COMMUNITY EMERGENCY RESPONSE TEAM



JOIN US TODAY !!



FEMA

### WHAT IS CERT ?

**Join your local CERT** In 1985, the Los Angeles Fire Department developed CERT to train community members in disaster survival and rescue skills, empowering individuals to help their neighbors in emergencies.

### WHY SHOULD YOU JOIN ?

#### Be Prepared

- Learn essential life-saving skills
- **Support First Responders** during disasters
- **Help your community** when it's needed most

### WHAT WILL YOU LEARN ?

- Emergency Preparedness
- Fire Suppression
- Disaster Medical Operations
- Search & Rescue Skills
- Disaster Psychology & More

### TRAINING DETAILS

**FREE TRAINING:** 20 hours of instruction (in 2-4 hour sessions)  
**Materials & Equipment** provided at no cost.

### GET INVOLVED : CONTACT

Aisha Osmann, Public Health Investigator  
📞 201-568-3450 ext. 517  
✉ Email: [aosmann@englewoodnjhealth.org](mailto:aosmann@englewoodnjhealth.org)

Priscilla Lewis, Sr. REHS  
Environmental Unit Supervisor  
📞 201-568-3450 ext. 510  
✉ Email: [plewis@englewoodnjhealth.org](mailto:plewis@englewoodnjhealth.org)

Take a stand against teen smoking!  
Join our TASE program today to enforce  
tobacco age of sale laws!

**TOBACCO AGE OF  
SALE  
ENFORCEMENT**

BE A PART OF  
TAKING A  
STAND AGAINST  
TEEN SMOKING

PROMOTE . PREVENT . PROTECT  
ENGLEWOOD  
HEALTH DEPARTMENT

JOIN OUR TASE  
PROGRAM TODAY TO  
ENFORCE TOBACCO  
AGE LAWS!

**ATTENTION !**  
PLEASE

**HIRING  
STUDENTS NOW  
- AGES 16-20  
(201)568-3450  
EXT. 510/517**

Save the Date for our 2026 FREE rabies clinic!

Englewood Health Department

# 2026 FREE RABIES CLINIC

**Saturday, March 7th**

**11 am - 1 pm**

**Englewood Fire Department**

**81 S. Van Brunt Street**

**(rain date: March 21st)**



## CATS & DOGS WELCOME

**Vaccinations only, no  
licensing at this time**

If your pet's vaccination expires  
BEFORE October 31, 2026 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**



# 2025-2026 School Immunization Audit Reminder

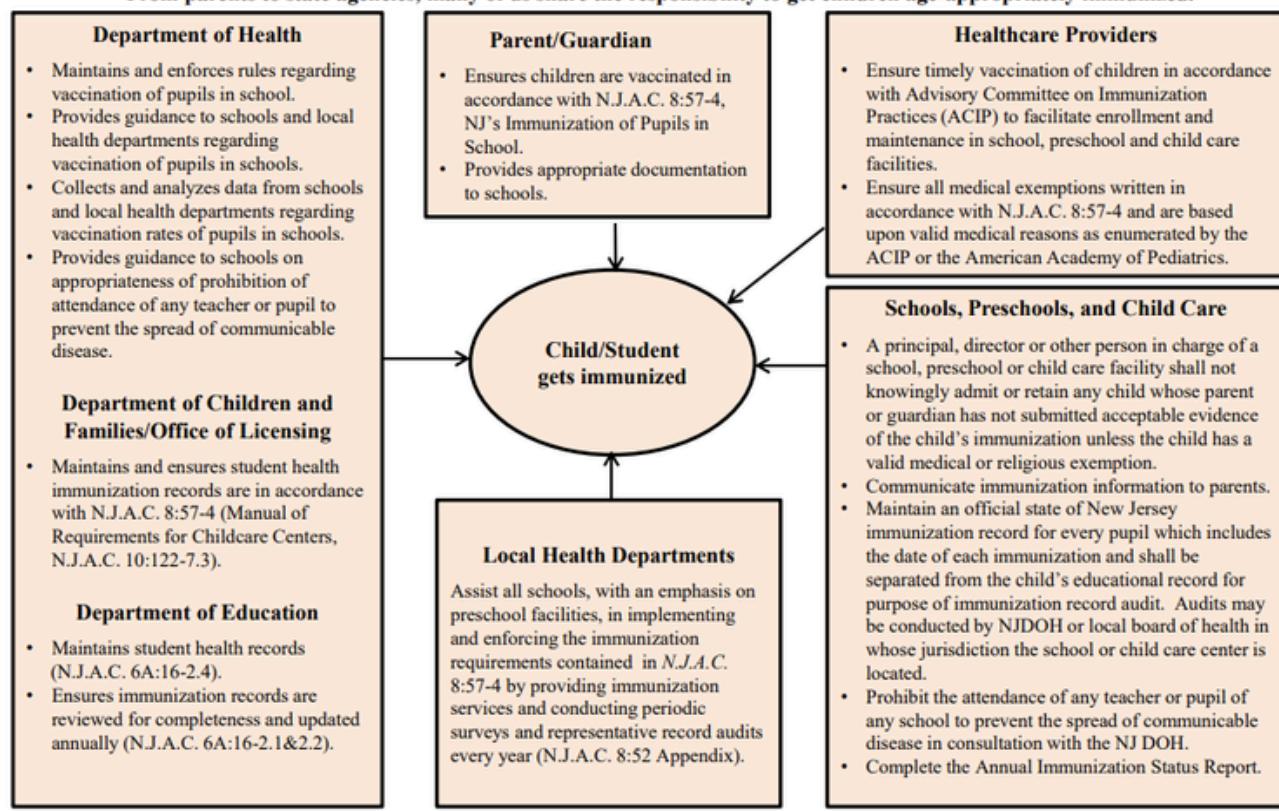
To reduce the risk of acquiring some of the most serious infections, the New Jersey school immunization rules, Immunization of Pupils in Schools (N.J.A.C. 8:57-4) require students to receive a series of immunizations prior to attending school. In addition, schools are required to enforce requirements, maintain records, and submit annual reports to the state and their respective local health department.

Each School year, immunization records are assessed for students attending schools in New Jersey. To ensure a smooth school immunization audit process for the 2025-2026 school year, the Englewood Health Department would like to request parents/guardians, healthcare providers, and school nurses to work together to ensure that students are up to date on age-appropriate vaccines and that their immunization records are complete.

**See below how we all share the responsibility to get our children age-appropriately immunized.**

## New Jersey Department of Health Vaccine Preventable Disease Program Responsibilities Snapshot

From parents to state agencies, many of us share the responsibility to get children age-appropriately immunized.



For instructions on viewing NJ Immunization of Pupils in School (N.J.A.C. 8:57-4) and the NJ Immunization Information System (N.J.A.C. 8:57-3) regulations, please visit <http://www.nj.gov/health/cd/reporting.shtml>



## Committed to Community Wellness

We are fortunate to have two outstanding team members whose work continues to strengthen our community's health and resilience. Originally funded through the Strengthening Local Public Health Capacity and NJACCHO grants, they have remained with our department in their vital roles as Infectious Disease Preparedness Generalist and Local Health Outreach Coordinator.

In addition to carrying out their original roles and responsibilities, their focus has expanded to include one of today's most pressing public health challenges: the opioid crisis. Through community outreach, harm reduction education, overdose prevention, and recovery support services, they are helping ensure that residents have the resources, knowledge, and support needed for healthier, safer lives.

We are grateful for Deepika and Susy's dedication to our community and proud to highlight their efforts in addressing this critical issue.

*Thank you for reading!*

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|--|--|
| ENGLEWOOD HEALTH DEPT  | 201-568-3450                               |
| <a href="http://www.cityofenglewood.org">www.cityofenglewood.org</a> | 73 S. Van Brunt St.<br>Englewood, NJ 07631 |