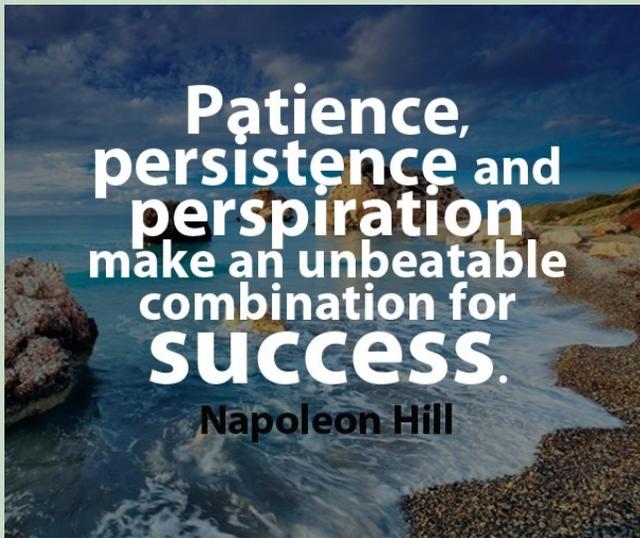


HD Healthy News



2017-2018 Winter

December~ January~ February



FREE RABIES CLINICS For All NJ Pet Owners

Kinnelon:

Saturday January 13th 1-3pm

DPW Garage, Kinnelon Rd

Bloomingtondale:

Saturday Feb. 10th 11am-1pm

Senior Center, 101 Hamburg Turnpike



“TAKE 3” ACTIONS TO FIGHT THE FLU



Vaccinate



Stop Germs



Antiviral Drugs if your doctor prescribes them

Like us on Facebook:
PEQTWP.HealthDept

Or follow us on



Serving the towns of: Bloomingtondale, Florham Park, Kinnelon, Pequannock & Riverdale

December

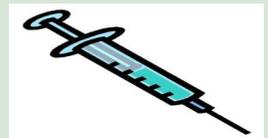


Don't Forget to get your Flu Vaccine!

- ◆ Reminder: NJ mandate for children enrolled in child care or Preschool ages 6months- 5years

Must be vaccinated by December 31st

Hand washing is one of the best ways to protect yourself and your family from getting sick.



How to wash your hands properly



1 Wet your hands

2 Liquid soap

3 Lather and scrub - 20 sec

4 Rinse - 10 sec

5 Dry your hands

6 Turn off tap

DON'T FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

Your Local Health Department wishes a Safe and Healthy Holiday Season!!

Toy Safety Tips

- Read age and safety labels
- Inspect all toys regularly
- Watch for toys that can become hazards
- Sign up to receive product recalls at www.cpsc.gov
- Ensure toys are used in a safe environment
- Store toys safely
- Supervise children when they play
- Keep toys intended for older children away from younger children



www.SafeKidsKansas.org
www.facebook.com/SafeKidsKansas

Happy Winter Holidays!



Winter Page 2

January

New Year's Resolutions

Recommended Physical Activity Levels

For adults, 2 hours and 30 minutes every week (about 22 minutes each day or 50 minutes 3 times per week), of moderate-intensity aerobic activity such as brisk walking, and

Muscle-strengthening exercise on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Increase the intensity or the amount of time that you are physically active to improve health benefits and control body weight.

Encourage children and teenagers to be physically active for at least 60 minutes each day, or almost every day.

For more detail, see [How much physical activity do you need?](#)

Each person's body may have different needs for calories and exercise. A healthy lifestyle requires balance in the foods you eat, the beverages you drink, the way you do daily activities, and in the amount of activity in your daily routine. Counting calories all the time is not necessary, but it may help you in the beginning to find out how many calories are in the foods and drinks you consume regularly as you strive to achieve energy balance. The ultimate test of balance is whether or not you are gaining, maintaining, or losing weight.

Source: CDC.gov

Office Yoga: Take a 5 minute break to de-stress

Spondylitis ?

Back pain?

Neck pain?

Shoulder pain?

Eye Strain?

Be Fit in

5

minutes



Stretch and
Straighten your
Body

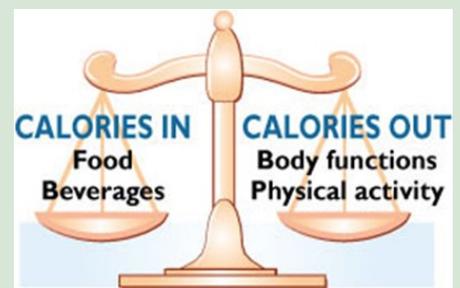
Move your
Back

Rotate your
Neck

Revolve your
Shoulders

Blink your
Eyes

Happy 2018!
Don't forget to
license your pets to



Winter 2018 Page 3

February

Heart Disease in the United States

About **610,000** people die of heart disease in the United States every year—that's **1 in every 4 deaths**.¹

Heart disease is the leading cause of death for both men and women. **More than half** of the deaths due to heart disease in 2009 were in men.¹

[Coronary heart disease\(https://www.cdc.gov/heartdisease/coronary_ad.htm\)](https://www.cdc.gov/heartdisease/coronary_ad.htm) (CHD) is the most common type of heart disease, killing over **370,000** people annually.¹

Every year about **735,000** Americans have a [heart attack\(https://www.cdc.gov/heartdisease/heart_attack.htm\)](https://www.cdc.gov/heartdisease/heart_attack.htm). Of these, 525,000 are a first heart attack and 210,000 happen in people who have al-

As plaque builds up in the arteries of a person with heart disease, the inside of the arteries begins to narrow, which lessens or blocks the flow of blood

