

Middle-Brook Regional Health Commission

www.middlebrookhealth.org

111 Greenbrook Road
Green Brook, NJ 08812
Kevin G. Sumner, Health Officer/Director

732-968-5151 x 1
732-968-5331 (fax)
mbrhc@middlebrookhealth.org (e-mail)

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National Influenza Vaccination Week



National Influenza Vaccination Week (NIVW) is a critical opportunity to remind everyone 6 months and older that there's still time to protect themselves and their loved ones from flu this flu season by getting their annual flu vaccine if they have not already. [CDC data](#) shows that flu vaccination coverage was lower last season, especially among certain higher-risk groups, such as pregnant people and children.

When you get a flu vaccine, you reduce your risk of illness and flu-related hospitalization if you do get sick. This week is meant to remind people that there is still time to benefit from the first and most important action in [preventing flu illness and potentially serious flu complications](#): get a flu vaccine today!

Visit vaccines.gov to locate where the flu vaccine is available near you! To learn more about more immunizations available this winter, click [here](#).

Handwashing Awareness Week



December 4-8 is National Handwashing Week! Frequent, thorough handwashing prevents the spread of germs. Handwashing is one of the best ways to protect yourself and your family from getting sick. Practice hand hygiene by regularly washing hands with soap and water for at least 20 seconds.



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You should wash your hands:

- Before, during and after preparing food
- Before and after eating food
- After blowing your nose, coughing, or sneezing
- After using the bathroom
- Before and after caring for someone who is sick
- After touching an animal or handling animal waste
- After handling garbage

Visit [cdc.gov/handwashing/when-how-handwashing.html](https://www.cdc.gov/handwashing/when-how-handwashing.html) to read more on handwashing

Winter Weather Preparation

This winter, take action to be prepared for dangerous weather conditions. Here are some ways to prepare you and your loved ones this winter season:

- **Stay Informed** - Monitor weather conditions daily and pay attention to warnings of freezing weather and winter storms. Visit [weather.gov](https://www.weather.gov) for local forecasts, radar, and weather alerts.
- **Create emergency kits for your home and car** - Gather essential supplies in case you need to stay home for several days without power. Consider your and your family's specific needs. Visit our [emergency preparedness webpage](#) to learn more.
- **Snow and Icy conditions** - If you shovel snow, avoid overexertion that may lead to injury. Use caution in icy conditions to prevent falls. Use salt to prevent ice from accumulating on front door entrances and driveways.
- **Generator Safety** - If you use a generator when the power goes out, prevent carbon monoxide poisoning and other hazards by keeping them at least 20 feet away from windows, doors, or attached garages. Install working carbon monoxide detectors on every level of your home.
- **Prevent Frostbite and Hypothermia** - Try to stay indoors when the weather is extremely cold. If you must go outside, wear layers of loose-fitting clothing and dress appropriately with a hat, scarf, gloves, a water-resistant coat, and water-resistant boots. Those most at risk include older adults, babies sleeping in cold bedrooms, people who remain outdoors for long periods, and people who drink alcohol or use illicit drugs.



Frostbite

Causes loss of feeling and color around the face, fingers and toes.

Signs and Symptoms

- Redness or pain in any area of the skin
- Numbness
- White or grayish-yellow skin
- Firm or waxy skin

Hypothermia

Is an unusually low body temperature.

Signs and Symptoms

- Shivering
- Exhaustion or drowsiness
- Confusion or memory loss
- Fumbling hands
- Slurred speech

If a person is experiencing hypothermia or frostbite:

- Seek medical attention as soon as possible
- Get them into a warm room
- Warm them under dry layers of blankets and clothing
- Place areas affected by frostbite in warm-to-touch water

If a person's temperature is below 95°, call 911 and seek medical attention immediately

Visit [ready.gov/winter-weather](https://www.ready.gov/winter-weather) for more information.

HAPPY
HOLIDAYS

The Middle-Brook Regional Health Commission wishes you a safe and healthy Holiday Season!

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