

Middle-Brook Regional Health Commission

www.middlebrookhealth.org

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September 2023 Newsletter

Back-To-School

Parents and Guardians, as the new school year begins, the health and safety of students are a top priority. When your children return to school, it can be an exciting yet stressful transition. Start the school year off right by following these tips:

- **Prevent Illness:** Take measures to prevent getting sick. Hand hygiene is the most important measure to prevent the spread of germs. Practice [hand hygiene](#) with your children and teach them to wash their hands often.
- **Stay Up-to-Date with Routine Vaccinations:** Talk with your children's healthcare provider to ensure they have the shots they need to protect themselves and others from diseases.
- **Connect with your Kids:** Check-in with your children regularly about how they are doing. Provide a safe space for them to express themselves. Support them by being involved with their activities at school. Reinforce and practice healthy behaviors such as [eating healthy](#) and [being physically active](#).
- **Plan for the Unexpected:** Ask the school how you would be reunited with your child in an emergency or evacuation. Complete an [emergency card](#) that contains up-to-date contact information and put one in your child's backpack and one in your wallet.
- For more information, visit: www.cdc.gov/parents/children/back-to-school.html



Source: CDC

To view the New Jersey School Immunization Requirements, visit the following websites:

Child Care/ Preschool

www.nj.gov/health/cd/documents/imm_requirements/cc_preschool_requirements_parents.pdf

School K-12

www.nj.gov/health/cd/documents/imm_requirements/k12_parents.pdf



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Rabies Clinics

Middle-Brook Regional Health Commission offers several rabies clinics in the fall to assure availability of **free** rabies vaccines for our cat and dog owners.

Here is the Schedule:



QR 1 Scan for Web Flyer

- **November 4, 2023**
9:00 am to 10:00 am
Green Brook Municipal Building
111 Green Brook Rd, Green Brook, 08812
- **November 18, 2023**
9:00 am to 10:30 am
Finderne Fire House
672 E. Main St., Bridgewater, 08807
- **December 2, 2023**
9:00 am to 10:00 am
Watchung Fire House
57 Mountain Blvd., Watchung, 07069

No registration is needed. Pets must be at least 6 months of age. All cats must be held in a carrier and all dogs must be leashed. Residents are asked to call the Health Commission at **732-968-5151** with any questions.

Emergency Preparedness

September is National Preparedness month! The best way to keep you and your loved ones safe during an emergency, is to be prepared before it occurs. Natural disasters like flooding and hurricanes can strike unexpectedly, leaving communities vulnerable. The key to minimizing their impact is preparation. Take action now by developing an emergency plan, gathering essential supplies, and staying informed. In efforts to prepare our community to be ready to respond in emergency situations, follow these tips:

- **Create a Plan:** Make plans for evacuation, communication, and to protect critical documents and your property. Consider you and your family's specific needs (children, older adults, family members with disease management and disabilities, pets).
- **Make a "Go-Kit":** A "[Go-Kit](#)" is a collection of basic items you need in the event of an emergency and most items are already found inside the home. Gather a minimum of a three-day supply of essential items such as water, non-perishable food, matches, flashlights, battery-powered radio, spare batteries, local maps, personal hygiene and sanitation supplies, and a first aid kit. Store in a cool, dry and designated place easily accessible to all family members. Replace expired items as needed and update the kit as your needs change.
- **Secure Personal Documents:** Use Google Drive, iCloud, or Dropbox to store important information that can be accessed from your smartphone, iPad, or computer, such as emergency contact lists, identification documents, prescription



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drug plans, health insurance policies, banking information, personal and property insurance, and veterinary medical records and current photos of your pet(s).

- **Stay Informed:** Monitor local weather forecasts and stay tuned to emergency alerts. The [National Weather Service](https://www.weather.gov/) provides weather forecasts and hazardous weather warnings.
- **Safety Training:** Consider taking a First Aid class to learn essential safety and preparedness information and skills. [The Red Cross](https://www.redcross.org/) offers in-person and online training to prepare you for emergencies.
- Visit www.ready.gov/plan for additional information.

Review “[Be Prepared for a Flood](#)” and “[Be Prepared for a Hurricane](#)” information sheets from www.ready.gov.

For more ways to prepare, visit our webpage:

<https://www.middlebrookhealth.org/resident/emergency-preparedness>

Fight the Flu – Get Vaccinated!

The best way to prevent seasonal flu is to get vaccinated every year. The Flu vaccine takes about two weeks to cause antibodies to develop in the body. The antibodies protect the body against influenza viruses. Other measures like avoiding sick people, covering your cough, and frequently washing your hands can also prevent the spread of germs and prevent respiratory illnesses like the flu. Young children, pregnant people, persons with certain chronic health disorders including asthma, diabetes, heart and lung disease, and those 65 years of age and older are all at an increased risk of developing severe flu complications. People who work in healthcare, people who provide care, or who have close contact with those at high risk for complications from the flu need to protect themselves and those they look after.

The Middle-Brook Regional Health Commission and Green Brook Family Medicine will be providing flu vaccines for ages 5 years and older and senior flu vaccines for those ages 65 years and older. Here is the schedule:



- **Wednesday, September 20**

4:00 p.m. to 6:00 p.m.

Warren Township Court in the Committee Room
44 Mountain Blvd., Warren, 07059

- **Thursday, September 21**

4:00 p.m. to 6:00 p.m.

Bridgewater Town Hall in Room 102 A/B
100 Commons Way, Bridgewater, 08807

- **Wednesday, October 4**

4:00 p.m. to 6:00 p.m.

Warren Township Court in the Committee Room
44 Mountain Blvd., Warren, 07059



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No registration needed. For most insurance plans, there is no cost for the flu vaccine. Please note, we are unable to accept HMO's that require a doctor's name on the card or Medicaid Insurance.

For the clinic:

- Please bring **all insurance cards** to the clinic to determine eligibility.
- Cash Price is \$40.00.
- A parent/guardian is required to be present with children under the age of 18.
- A provider from Green Brook Family Medicine will be available at the clinic to address any Influenza Vaccine related questions.

Contact the Health Commission at **732-968-5151 ext. 3** with any questions. For more information on the Influenza Vaccine, please visit: <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/flu.pdf>

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