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)

October Newsletter 2025

Latest in Public Health and Upcoming Events

2025 Community Vaccine Clinic

There's still a shot to get vaccinated this fall. Join us on **Wednesday, October 22 from 3:00pm to 6:00pm** at the Warren Township Courthouse 46 Mountain Blvd, Warren 07059. **Pre-registration is requested**. For more information, click here. To register, visit: warren-vax.timetap.com. Questions? Call us at 732-968-5151.

Sudden Infant Death Sydrome (SIDS) Awareness

October is Safe Sleep and SIDS awareness month. This October, learn about safe sleep surfaces and other features of a safe sleep environment for a baby. A safe sleep area can help reduce baby's risk for SIDS and other sleep-related death. A safe sleep environment includes a firm, flat, and level area. Read more here.

DEA National Take Back Day

As autumn arrives, it's the perfect time to tidy up your medicine cabinet. On October 25th, from 10am to 2pm, properly dispose of your unused, excess, or expired Rx meds. Locate a collection site near you: www.DEATakeBack.com.

/mbrhc

@mbrhc

@mbrhc_nj

Public Health
Prevent. Promote. Protect.
Middle-Brook Regional Health Commission

Lead Poison Prevention

Public Health
Prevent. Promote. Protect.
Middle-Brook Regional Health Commission

Stay Lead-Free, Test Twice Before 3

October 19 to October 25 is National Lead Poisoning Prevention Week! Lead is natural to our environment. It is a soft metal that can easily break down into a fine dust.

Source of lead include:

- Lead-based paint - houses built before 1978 may contain lead-based paint
- Contaminated soil - older homes near busy roadways with chipped or peeling paint
- Jobs/ Hobbies - construction, pottery, and demolition work
- Leaded pipes - old water pipes with lead might contaminate drinking water
- Imported goods - toys, cosmetics, candy, spices and cultural powders such as sindoor
- Herbal remedies - some herbal remedies and traditional medicines

There is no safe level of lead in the human body

Even at very low levels, lead can cause serious harm to children and adults. Some of the dangers to a child's health may include damage to the brain, kidneys, and nervous system. Take steps to protect your family from lead.

Get your child tested for lead at ages 1 and 2 years, or as soon as possible before the age of 6.

For more information, visit: nj.gov/health/childhoodlead.

Fall 2025 FREE Rabies Clinics

Public Health
Prevent. Promote. Protect.
Middle-Brook Regional Health Commission

Rabies is caused by a virus which can infect both people and animals and is almost always fatal. Did you know: while the majority of rabies cases in the state have been in wild animals such as bats, raccoons, skunks, and foxes, cats are also a relatively common victim of rabies. These cases can pose a significant threat to unvaccinated domestic animals, which can contract the virus from wild animals and transmit the infection to humans or other pets.

To ensure the availability of free rabies vaccines for our cat and dog owners, we are holding several rabies clinics this fall:

Saturday, November 1

9 AM - 10 AM
Green Brook Municipal
111 Greenbrook Rd
Green Brook, NJ 08812

Saturday, November 15

9 AM - 10:30 AM
Finderne Firehouse
672 E Main St
Bridgewater, NJ 08807

For the Clinic:

- **No Registration Needed**
- Pets must be at least 6 months of age
- All cats must be held in a carrier
- All dogs must be leashed

Saturday, December 6
9 AM - 10 AM
Watchung Firehouse
57 Mountain Blvd
Watchung, NJ 07069

Questions? Please call us at 732-968-5151 (Main) or 908-725-6300 (Bridgewater).

For more information on rabies, visit: cdc.gov/rabies/ or cdc.gov/healthypets/.

Recipe of the Month

Public Health
Prevent. Promote. Protect.
Middle-Brook Regional Health Commission

BAKED SALMON WITH HERBS & LEMON

Ingredients

(4 Servings)

- 16 ounces salmon, fresh or frozen (or any white fish)
- 1/4 teaspoon paprika
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/8 teaspoon dried oregano
- 1/8 teaspoon dried thyme
- 1 tablespoon lemon juice
- 1 1/2 tablespoons margarine, melted

Directions

1. Wash hands with soap and water.
2. If using frozen fish, thaw in refrigerator according to package directions.
3. Preheat oven to 350 degrees F.
4. Separate (or cut) fish into 4 pieces. Place fish in a 13x9x2-inch baking pan.
5. Combine paprika, garlic and onion powders, pepper, oregano, and thyme in a small bowl.
6. Sprinkle herb mixture and lemon juice evenly over the fish. Then drizzle melted margarine on top.
7. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

For more recipes, visit: myplate.gov