

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)

February Newsletter 2026

Latest in Public Health and Upcoming Events




FREE radon test kits are now available on a first come first serve basis. Residents of Bridgewater, Green Brook, Warren, and Watchung can visit their municipal building to receive a test kit. You can't see, smell or test radon gas. Prolonged exposure to high levels of radon is the leading cause of lung cancer in nonsmokers and the second leading cause of lung cancer in the United States.

Testing is the only way to determine if your home has high radon levels. If a radon test indicates a radon problem, radon mitigation systems can be installed at a cost similar to other home repairs, reducing exposures and the risk of lung cancer. For more information, [click here](#).




February is Teen Dating Violence Awareness Month (TDVAM).

This month we raise awareness to stop dating abuse before it starts. 1 in 10 high school students experienced physical violence from a dating partner in the last year. Whether you're concerned about your relationship, or if you have questions about dating in general, the National Teen Dating Abuse Helpline is here for you 24/7. Call 1-866-331-9474, text "LOVEIS" to 22522, or visit loveisrespect.org to speak to an advocate.

 /mbrhc

 @mbrhc

 @mbrhc_nj



Public Health
Prevent. Promote. Protect.

Middle-Brook Regional
Health Commission



Public Health
Prevent. Promote. Protect.

Middle-Brook Regional
Health Commission

Heart Health

Make Heart Health Part of Your Self-Care Routine

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart.

And that's a good thing, because heart disease is largely preventable and focusing on improving your heart health has never been more important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute (NHLBI).

"Studies show self-care routines, such as taking a daily walk and keeping doctor's appointments, help us keep our blood pressure, sugar, and cholesterol levels in the healthy range and reduce our risk of heart disease and stroke," said Gina Wei, M.D., NHLBI's acting director of cardiovascular sciences.

It may be easier than you think to "put your heart" into your daily routine. Each Sunday, look at your week's schedule and carve out 30 minutes daily for heart-healthy practices. Take a yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist. Then seek out support from others, even if it's online or via a phone call, to help you stick to your goals. For more information, visit nhlbi.nih.gov.

Practice Mindfulness



Get Moving



Limit Screen-time



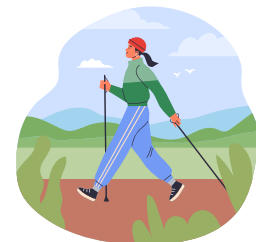
Connect with others



Eat Well



Take a hike



Preparedness Corner



Public Health
Prevent. Promote. Protect.

Middle-Brook Regional
Health Commission

Wash Your Hands



Wet



Soap



Scrub



Rinse



Dry



**Turn the
Water Off**

Copyright 2010 by the State of New Jersey Department of Health and Senior Services. All rights reserved. NJ Health Department.

Say No to Norovirus

Norovirus is a very contagious virus that causes vomiting and diarrhea, with symptoms typically lasting one to three days. Norovirus can make you feel very sick and often symptoms come on all of a sudden. Common symptoms include nausea, vomiting, diarrhea, and abdominal pain. Symptoms usually last 1-3 days. However, studies have shown you can still spread the virus for up to two weeks after your symptoms resolve. Studies have shown you can spread the virus for up to two weeks after your symptoms resolve.

Norovirus is spread by:

- direct contact with an infected person.
- touching contaminated surfaces or objects, and then putting your fingers in your mouth.
- eating food or consuming drinks that are contaminated with norovirus.

Prevent the spread of norovirus by:

- wash your hands often with soap and water. (hand sanitizer alone does not work well against norovirus)
- clean and disinfect contaminated surfaces.
- when sick, do not prepare food or care for others.

There are no medications to treat norovirus. If you are sick with norovirus, drink plenty of fluids to replenish fluid loss and prevent dehydration. Those at risk of severe dehydration include young children, older adults, and those with other illnesses. To learn more about norovirus, visit nj.gov/health.

Salmon Cake Lettuce Wraps with Lemon-Yogurt Sauce Recipe



Salmon is a nutrient-packed source of protein. It is a great source of omega-3 fatty acids and vitamin D. Omega-3 fatty acids supports heart health. Vitamin D supports bone and immune health. The recipe below serves 3.

Ingredients

- ¼ cup plain nonfat Greek yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon (4 milliliters) fresh lemon juice
- 1 teaspoon lemon zest
- ½ teaspoon smoked paprika
- 1 tablespoon fresh dill, chopped
- ¾ teaspoon garlic powder, divided
- ¼ teaspoon salt
- 2 cups canned wild Alaska salmon, bones and skin removed
- 1 medium egg
- ¼ cup panko breadcrumbs
- ¼ teaspoon ground mustard seed
- ⅛ teaspoon ground cayenne pepper
- ½ tablespoon (3 milliliters) olive oil
- 12 butter lettuce leaves

Directions

1. Combine yogurt, mayonnaise, lemon juice, lemon zest, paprika, dill, ¼ teaspoon garlic powder and salt in a small bowl. Mix together and set aside. In a medium bowl, combine salmon, egg, breadcrumbs, ½ teaspoon garlic powder, mustard seed, cayenne pepper and mix well.
2. Evenly divide the salmon mixture and form 6 salmon cakes, placing them on a plate. Heat olive oil in a large skillet over medium heat. Once oil is hot, add salmon cakes and cook for 5 minutes. Flip salmon cakes over and cook for an additional 4 minutes or until they reach a minimum internal temperature of 160°F (71°C).
3. Wash lettuce leaves and pat dry with paper towel. To serve, stack two lettuce leaves and top with one salmon cake. Add 1 teaspoon lemon-yogurt sauce on top of each salmon cake.

For more recipes, visit: eatright.org/recipes

Source: [Academy of Nutrition and Dietetics](#)