

Middle-Brook Regional Health Commission

www.middlebrookhealth.org

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May Newsletter 2026

Latest in Public Health and Upcoming Events

Community Well Water Testing with Raritan Headwaters



Test Kit Pick up

June 8 - 12, 2026

9 am - 3 pm

Warren Relocation Office

3 Mountainview Road, Warren

1st Floor, Suite 102

Water Sample Return

June 15, 2026

7 am - 9:30 am

Warren Municipal Complex

46 Mountain Blvd



To learn more or register,
scan the QR or visit:
raritanheadwaters.org.


Questions?

Call 908-234-1852 x 401

Tick Prevention



Don't let a tick make you sick! Ticks are a pest all year-round, but are most active during the warmer months. Recent reports indicate more than usual tick activity and tick-related emergency visits nationwide. Prevent tick bites by using an Environmental Protection Agency (EPA)-registered insect repellent, showering as soon as possible after spending time outdoors, and by performing regular tick checks. Learn more at middlebrookhealth.org.

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Prevent. Promote. Protect.

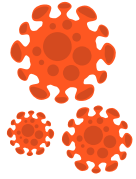
Middle-Brook Regional
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Hepatitis Awareness



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Hepatitis ABCs

There are five types of viral hepatitis, but the most common are Hepatitis A, B, and C. They have different sources and symptoms, but all cause liver inflammation and can lead to serious liver damage or death if left untreated.

The best ways to prevent viral hepatitis are getting vaccinated, avoiding contact with potentially infectious bodily fluids, and being aware of the associated symptoms.

Hepatitis A

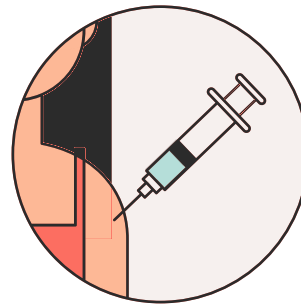
- Spread by contaminated food and water.
- Symptoms include fever, nausea, dark urine, and jaundice. Often asymptomatic in young children.
- Preventable with a vaccine for anyone 12 months and older.

Hepatitis C

- Spread by contact with infected blood. Patronizing unsanitary body art facilities and sharing needles can increase the likelihood of infection.
- Symptoms include fatigue, bleeding and bruising easily, jaundice, and weight loss. Often chronic and asymptomatic.
- No vaccine currently exists, but curable with medication.

Hepatitis B

- Spread by contact with infected bodily fluids and from mother to fetus.
- Symptoms can resemble the flu. Often chronic and asymptomatic.
- Preventable with a series of 2 or 3 vaccines.



For more information on viral hepatitis, visit the CDC website at [cdc.gov/hepatitis-awareness](https://www.cdc.gov/hepatitis-awareness).

Uninsured or underinsured individuals who qualify can receive health services through the Community Visiting Nurses Association. For more information or to make an appointment, call 908 725-9355.

Preparedness Corner



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Make a Healthy Splash This Summer

Swimming is a great way to stay cool, active, and spend time with family and friends during the summer. It is important to know that germs in pools, splash pads, lakes, and beaches can spread sickness if people. Children, people who are pregnant, and people with weakened immune systems can get sick more easily from swimming related-illnesses. **Taking a simple steps can help keep everyone healthy in and around the water:**

- Do not swim if you are sick with vomiting or diarrhea. Wait at least 2 weeks after diarrhea stops before swimming again.
- Teach children not to swallow pool or lake water.
- Take children on bathroom breaks often and check diapers every hour. Change diapers away from the water and wash your hands after.
- Take a quick shower before getting in the pool or hot tub to help keep the water clean.
- Cover cuts or scrapes with a waterproof bandage before swimming. Individuals should stay out of the water if any open cuts or wounds cannot be completely covered.
- Do not share towels, razors, or other personal items.

Additionally, follow these tips to prevent drowning:

- Learn basic swimming and water safety skills. The American Red Cross offers free online water safety courses and can help locate swim classes near you.
- Get CPR Certified. Organizations like the American Red Cross and American Heart Association offer CPR training courses, both online and in-person.
- Fully enclose pools with secure, appropriate barriers to prevent unsupervised access to the water.
- Swim in areas supervised by lifeguards and never swim alone.
- Designate a responsible adult to closely and constantly supervise swimmers.
- Have young children and inexperienced swimmers wear properly fitted U.S. Coast Guard-approved life jackets.
- Check the weather before going in or near water and get out of the water if there is thunder or lightning.

For more information about healthy swimming and water safety, visit njdoh.gov, redcross.org, and cpr.heart.org.



Cheesy Chickpea and Broccoli Bake



One serving of broccoli provides over half of your daily intakes of Vitamin C and Vitamin K, boosting your immune system and supporting bone health. Broccoli is also a great source of fiber and antioxidants. The recipe below serves 6.

Ingredients

- 1 large bunch (about 1 pound) fresh broccoli, rinsed and cut into medium pieces (include tender parts of stems and leaves) or a 1-pound bag frozen broccoli florets (thawed)
- 1 15½-ounce can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- Salt and black pepper to taste
- 1 cup shredded Gruyere, cheddar, or vegan cheese
- ⅓ cup whole-wheat breadcrumbs

Wash your hands with soap and warm water before you begin!



Directions

1. Preheat oven to 400°F.
2. If using fresh broccoli, lightly steam it first: Place raw broccoli pieces in a steamer basket inside a saucepan filled with 1 inch of water. Steam on medium heat for 5 minutes or until broccoli is just tender and bright green. Or, steam fresh broccoli in the microwave: Place raw broccoli pieces in a large microwave-safe dish or bowl with ½-inch water at bottom. Cover with a microwave-safe plate and microwave on high for 3 minutes or until just tender and bright green. Drain water.
3. Toss steamed broccoli and chickpeas with olive oil. Place in a 9-by-9-inch baking pan.
4. Add salt and black pepper to taste. Top evenly with grated cheese, then top evenly with breadcrumbs.
5. Bake 10 to 15 minutes, or until cheese is melted and breadcrumbs are lightly browned. Remove from oven and serve immediately.

For more recipes, visit: eatright.org/recipes

Source: Academy of Nutrition and Dietetics