Middle-Brook Regional Health Commission

www.middlebrookhealth.org

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May Newsletter 2025

Latest in Public Health and Upcoming Events

Community Well Water Testing with Raritan Headwaters.

June 9 - 13, 2025	OR	June 9, 11, 13, 2025
9 am - 3 pm Warren Municipal Bldg 46 Mountain Blvd, 2nd Floor		10 am - 2 pm Watchung Municipal Bldg 15 Mountain Blvd, Watchung

Date, times, and locations to pick up well test kits listed above. Well sample return is Monday, June 16, 2025 from 7 am - 9:30 am at the Warren Municipal Building (regardless or where you picked up your test kit).

Menu of Testing Options **Water Testing Decision Guide**

For more information and to register, visit:
raritanheadwaters.org/event/middlebrook
Questions? Call 908-234-1852 x 401.

Hepatitis Awareness Month. Viral hepatitis is a major public health threat and worse, hundreds of thousands of people in the United States don't know they are infected. Hepatitis A and hepatitis B can be prevented, and hepatitis C can be cured. Learn the ABCs of Viral Hepatitis at cdc.gov.

Mental Health Awareness Month. Mental health is essential for overall well-being at every stage of life. Regardless of age, background, or experience, prioritizing mental health strengthens individuals, families, and communities. Learn more at samhsa.gov/.

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Preparedness Corner

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Deep Dive into Safe Swimming

Drowning is preventable and affects people of all ages and abilities. Did you know that more children ages 1-4 die from drowning than any other cause? Drowning is the second leading cause of unintentional injury death after motor vehicle crashes in children ages 5-14. To stay safe in and around the water, consider the following measures:

- **Learn basic swimming and water safety skills.** Swimming lessons for children and adults can reduce the risk of drowning.
- **Designate a responsible adult to closely and constantly supervise swimmers**. Active supervision by a responsible person can help identify and prevent potentially hazardous situations. Supervision is necessary when children are in or around water.
- **Wear US Coast Guard-approved life jackets as directed.** Life jackets provide essential buoyancy and can be lifesaving, especially for inexperienced swimmers or in unpredictable water conditions.
- **Know how to recognize and respond to a swimmer in distress and perform CPR (Cardiopulmonary Resuscitation).** CPR skills are crucial during emergencies. Learning CPR techniques can help save lives. Organizations like American Red Cross and American Heart Association offer CPR training courses, both online and in-person.

Knowing the risk of all types of water is vital to prevent drowning. Lakes, rivers, and oceans may have hazardous currents or waves, rocks or vegetation, and limited visibility. Be sure to check the weather forecast before going in or near water. Be aware of local weather conditions like flash floods, strong winds, and thunderstorms. Have an alternative activity planned if conditions are not safe for swimming.

For more information, visit: poolsafety.gov/parents/safety-tips/

Tick Talk

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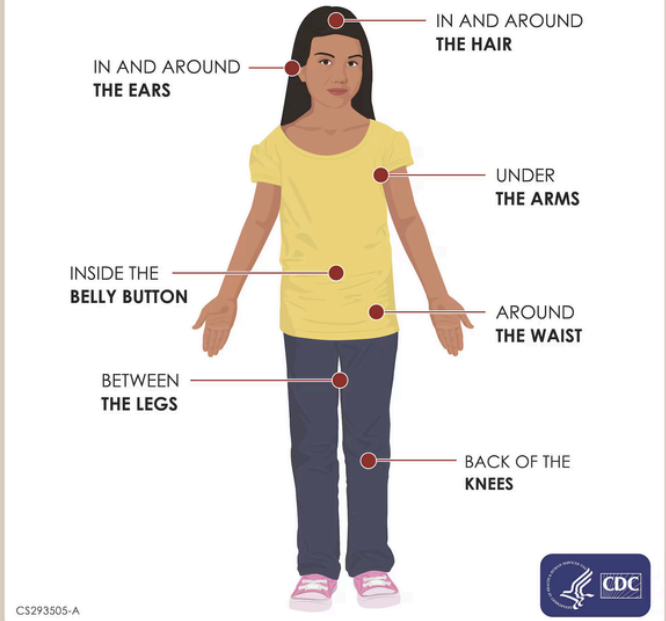
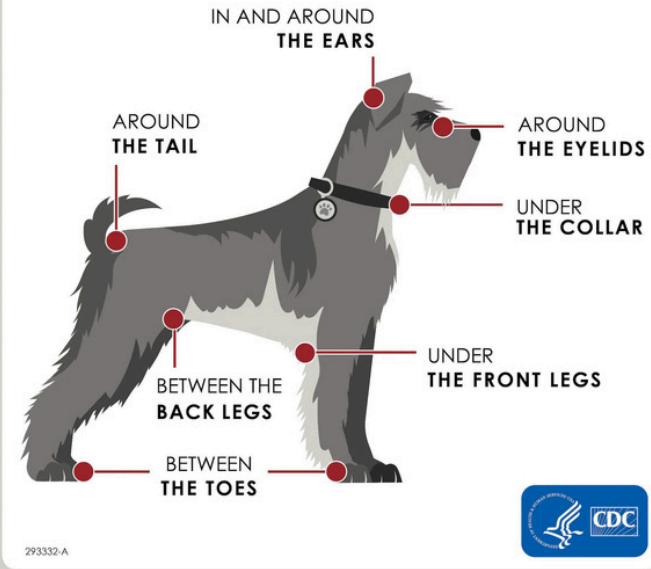
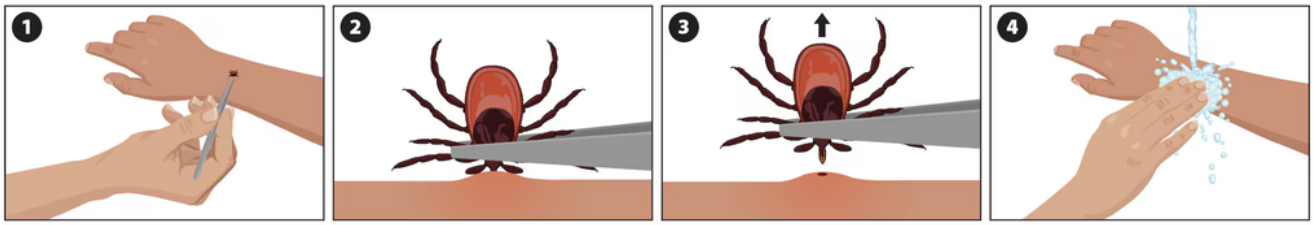
WHERE TO CHECK FOR TICKS



WHERE TO CHECK YOUR PET FOR TICKS



If you find an attached tick, follow these steps:



1. Use clean, fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.

2. & 3. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you cannot remove the mouth easily with tweezers, leave it alone and let the skin heal.

4. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.

How to safely dispose of a live tick:

Never crush a tick with your fingers.

- Put it in alcohol;
- Place it in a sealed bag/container;
- Wrap it tightly in tape; or
- Flush it down the toilet

Visit your healthcare provider if:

If you get a tick bite and develop symptoms within a few weeks, visit your healthcare provider. The most common symptoms of tick-related illness include fever/chills, aches and pains, and rashes.

For more information, visit:
www.cdc.gov/fight-the-bite/index.html

Source: CDC

Recipe of the Month

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AVOCADO BLACK BEAN TAQUITOS

Ingredients

(5 Servings)

- 1 ripe, fresh avocado, halved, pitted, peeled, and mashed
- 1/2 cup canned black beans, rinsed
- 1/2 tablespoon cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 10 (6-inch) corn tortillas
- 1 cup rainbow cherry tomatoes, chopped
- 1/2 cup red or yellow bell peppers, seeded and diced
- 1 tablespoon fresh jalapeño, seeded and minced
- 1 tablespoon onion, minced
- 1 tablespoon fresh lime juice
- 2 tablespoons fresh cilantro leaves, chopped
- 1/2 cup plain non-fat Greek yogurt (4 oz)

Directions

1. Wash hands with soap and water.
2. Using a fork, mash the avocado and black beans together in bowl. Stir in cumin, garlic powder and salt.
3. Spread approximately 2 Tbsp. of the mixture onto a corn tortilla, dividing equally between 10 tortillas. Roll tightly to form 10 taquitos.
4. Place taquitos into air fryer at 400°F degrees for 5 minutes. When timer goes off, flip and put back into air fryer for 5 more minutes. Depending on air fryer you may need to decrease time to 3 to 4 minutes per side.
5. While taquitos are cooking, combine cherry tomatoes, bell peppers, jalapeño, onion, cilantro, and lime juice in a small bowl to make fresh pico de gallo.
6. Once taquitos are golden brown and crispy, remove from air fryer and top with fresh pico de gallo and Greek yogurt.

For more recipes, visit: myplate.gov