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)

July Newsletter 2025

Latest in Public Health and Upcoming Events

Thursday, July 17 at 11am Be Wise with your Medications at the Warren Township Library. Join us for an informative program on best practices for medication management. During this session, you will learn to recognize how changes in our aging bodies affect medications, strategies to improve medication adherence, and how to avoid common drug interactions. Registration required. To register, click here.

New Jersey Poison Control Center Summer Safety. "Summer is a time for enjoying the outdoors. However, it is important to remember that these favored months can bring an increase in the incidence of poisoning accidents for our children and loved ones." Read more at www.njpies.org/summer. The Poison Help Hotline (1-800-222-1222) is available 24/7.

Keep unwanted critters away: insects, rodent, and wildlife. Take steps to maintain your yard, empty standing water, install or repair screens on windows and doors, and inspect and seal foundation cracks, holes, or openings. For more tips on pest prevention, click here.

/mbrhc

@mbrhc

@mbrhc_nj

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

Mosquito Prevention

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

Prevent Mosquito-Borne Illness

Mosquito-borne illness is transmitted to individuals by the bite of an infected mosquito. Mosquitoes become infected when they feed on birds or mammals carrying disease.

Everyone is at risk for mosquito-borne diseases, especially those who spend more time outside. Older adults and people with weak immune systems are more at risk to develop serious illness. Symptoms may occur 3-14 days following the bite of an infected mosquito.

Know the Symptoms

Mild Illness

- Slight Fever
- Headache
- Body Aches
- Rash
- Nausea
- Swollen Lymph Nodes

Severe Illness

- High Fever
- Severe Headache
- Stiff Neck
- Disorientation
- Muscle Weakness

If you or your family member think they have a mosquito-borne illness, call and visit a healthcare provider.

Mosquito Prevention and Control Tips:

- Use an EPA-approved mosquito repellent. Always follow directions.
- Wear light-colored clothes that cover exposed skin.
- Drain outdoor standing water frequently. Regularly check areas where still water may be present:
  - Gutters and drains
  - Pool Covers
  - Flower pots, pet dishes, and bird baths
  - Garbage and recycling containers
  - Swing sets, lawn furniture, and other outdoor decorations

Traveling? Learn more about preventing mosquito bites at: bit.ly/4egQnry

For more information, visit: cdc.gov/mosquitoes

Preparedness Corner

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

Outdoor Fire Safety

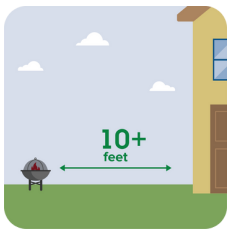
Unintentional actions are the leading cause of outside fires. Keep fire safety in mind when enjoying summer vacations, camping, grilling and the Fourth of July.

Grill Fire Safety

- Keep a 3-foot safe zone around your grill.
- Place your grill well away from siding and deck railings and out from under eaves and overhanging branches.
- Keep an eye on your grill. Do not walk away from it when it is lit.
- Clean your grill after each use. This will remove grease that can start a fire.
- Place the coals from your grill in a metal can with a lid once they have cooled.

Fire pits, campfires, and outdoor fireplaces

- Use chimineas, outdoor fireplaces, and fire pits outdoors only. Keep at least 10 feet away from your home or anything that can burn.
- Use a metal screen over wood-burning fires to keep sparks from floating out.
- Closely watch children when the fire pit is in use.
- Store matches and lighters out of children's sight and reach.
- Turn off or put out fires completely before you leave.



Fireworks

- Fireworks are dangerous to people and pets. Using them puts your property at risk.
- Attend a public fireworks display put on by professionals.

Did You Know?
Sparklers can reach 1,200 degrees F and cause third-degree burns.

For more information, visit: usfa.fema.gov/prevention/outdoor-fires

Recipe of the Month

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

PULLED PORK SANDWICH WITH RED CABBAGE & CARROT SLAW

Ingredients

(8 Servings)

For the Pulled Pork:

- 1 half pork shoulder (bone-in)
- 1 1/2 cups cider or white vinegar
- 1 teaspoon black pepper
- 1 teaspoon Crushed red pepper flakes
- 1/2 teaspoon salt
- 8 100% whole wheat dinner rolls or slider buns

For the Carrot Slaw:

- 1 head red cabbage (shredded)
- 2 carrots (scrubbed and shredded)
- 1/4 cup canola oil
- 1/4 cup vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions

Pulled Pork:

1. Put everything in the slow cooker and turn the heat to medium. Cook, undisturbed, for 8 hours or until it is fork-tender (about 190 °F with a meat thermometer).
2. Remove the pork from the slow cooker but keep the liquid. While still hot, use two forks to shred the meat. Remove any fat found between the shreds.
3. Skim as much fat as possible from the liquid in the slow cooker. Add about 1 cup of the cooking liquid to the shredded pork.

Red Cabbage and Carrot Slaw:

1. Put the shredded cabbage and carrots in a bowl.
2. Mix the canola oil, vinegar, salt, and pepper in a small bowl and stir or whisk well.
3. Add the dressing to the cabbage mixture and coat thoroughly.
4. Add 1/2 cup of pulled pork to each roll or bun and top with 1/2 cup cabbage and carrot slaw. Serve right away.

For more recipes, visit: myplate.gov