



APRIL 2024 | VOLUME 28

WEST CALDWELL HEALTH DEPARTMENT

SERVING WEST CALDWELL, NORTH CALDWELL & FAIRFIELD

NATIONAL PUBLIC HEALTH WEEK IS APRIL 1-7, 2024



APRIL SHOWERS BRING MAY FLOWERS...BUT WHAT ELSE?

HELP PREVENT CHRONIC DISEASES LIKE TYPE 2 DIABETES, HEART DISEASE AND CANCER WITH THE CDC'S 8 HEALTHY HABITS FOR SPRING:

- MOVE MORE, SIT LESS
- EAT HEALTHY FOODS
- CHOOSE YOUR DRINKS WISELY
- GET ENOUGH SLEEP
- BE SUN SAFE
- BRUSH YOUR TEETH
- DON'T USE TOBACCO
- LEARN YOUR HEALTH HISTORY

HELLO SPRING



SCAN THE QR CODE TO LEARN MORE.



MOSQUITOES BITE DURING THE DAY AND NIGHT. THEY LIVE INDOORS AND OUTDOORS. PROTECT YOUR FAMILY FROM MOSQUITO BITES AND USE INSECT REPELLENT, WEAR LONG-SLEEVED SHIRTS/PANTS AND TAKE STEPS TO CONTROL MOSQUITOES INDOORS AND OUTDOORS. [CLICK HERE](#) TO READ ABOUT MOSQUITO BITE PREVENTION.



April

IS...



WORLD AUTISM AWARENESS MONTH

SOCIAL AND COMMUNITY SUPPORT CAN HELP THOSE WITH AUTISM ACHIEVE OPTIMAL HEALTH AND REACH THEIR FULL POTENTIAL. [CLICK HERE](#) TO LEARN ABOUT SIGNS & SYMPTOMS, SCREENING & DIAGNOSIS, TREATMENT & INTERVENTION SERVICES, AND MUCH MORE.



NATIONAL MINORITY HEALTH MONTH

APRIL IS NATIONAL MINORITY HEALTH MONTH (NMHM), A TIME TO RAISE AWARENESS ABOUT THE IMPORTANCE OF IMPROVING THE HEALTH OF RACIAL AND ETHNIC MINORITY COMMUNITIES AND REDUCING HEALTH DISPARITIES. [CLICK HERE](#) TO READ MORE.



NATIONAL STRESS AWARENESS MONTH

WORRIES ABOUT WORK, MONEY, HEALTH CARE AND STAYING SAFE CAN PILE ON THE STRESS. IF YOU'RE FEELING OVERWHELMED, YOU CAN FIGHT STRESS BY FOCUSING ON YOUR PHYSICAL AND MENTAL HEALTH. [CLICK HERE](#) TO TRY SOME STRESS-BUSTERS FROM THE AMERICAN HEART ASSOCIATION.

MINDFUL CORNER: SLEEP MATTERS



UNDERSTANDING HOW LACK OF SLEEP AFFECTS YOUR HEALTH CAN ALLOW YOU TO MAKE HEALTHIER DECISIONS FOR YOU AND YOUR LOVED ONES.

WHAT ARE THE HEALTH BENEFITS OF GETTING ENOUGH SLEEP? DOES IT MATTER WHEN I SLEEP? HOW MANY HOURS OF SLEEP SHOULD ADULTS AND CHILDREN GET EACH NIGHT? WHY CAN'T I FALL ASLEEP? [CLICK HERE](#) FOR THE ANSWERS AND READ MORE ON THIS TOPIC.

THE AMERICAN HEART ASSOCIATION HIGHLIGHTS SOME TIPS FOR SUCCESS WHEN IT COMES TO CLEANING UP YOUR SLEEP HYGIENE: MOVE IT, DIM IT, SET IT, LOCK IT, BLOCK IT. [CLICK HERE](#) TO LEARN MORE ABOUT THESE TIPS.

