



FEBRUARY 2024 | VOLUME 26



Public Health

# WEST CALDWELL HEALTH DEPARTMENT

SERVING WEST CALDWELL, NORTH CALDWELL & FAIRFIELD

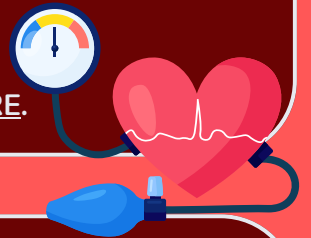


## HAPPY HEART HEALTH MONTH!

### GET THE MOST OUT OF BLOOD PRESSURE MONITORING & KNOW YOUR NUMBERS



LEARN HOW TO USE A HOME BLOOD PRESSURE MONITOR [HERE](#).



### GET THE MOST OUT OF BLOOD PRESSURE MONITORING

KEEPING A RUNNING LOG OF BLOOD PRESSURE READINGS CAN HELP IMPROVE THE QUALITY OF YOUR TREATMENT AND HIGHLIGHT ANY SPECIAL CIRCUMSTANCES THAT MAY REQUIRE INTERVENTION IF NECESSARY. [CLICK HERE](#) TO USE THE AMERICAN HEART ASSOCIATION'S BLOOD PRESSURE LOG TEMPLATE.



### FREE COMMUNITY BLOOD PRESSURE SCREENINGS!

WEST CALDWELL LIBRARY - 30 CLINTON ROAD, WEST CALDWELL  
EVERY 1ST WEDNESDAY  
9:30 - 10:30 AM



FAIRFIELD LIBRARY - 261 HOLLYWOOD AVENUE, FAIRFIELD  
EVERY 3RD MONDAY  
1:30 - 2:30 PM



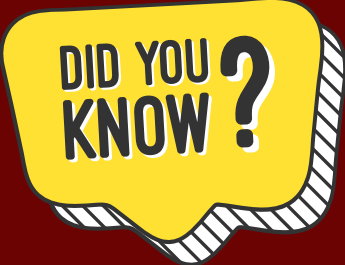
QUESTIONS? PLEASE CALL THE WEST CALDWELL HEALTH DEPARTMENT AT (973) 226-2303.



## MOVING MATTERS... ESPECIALLY WHEN IT COMES TO HEART HEALTH

REGULAR PHYSICAL ACTIVITY CAN HELP IMPROVE YOUR OVERALL QUALITY OF LIFE, SO YOU CAN BE THERE FOR THOSE MOST IMPORTANT TO YOU. FIND OUT HOW TO GET ACTIVE AND LEARN MORE FROM THE CDC'S MOVING MATTERS CAMPAIGN:

[HTTPS://WWW.CDC.GOV/PHYSICALACTIVITY/ACTIVEPEOPLEHEALTHYNATION/MOVING-MATTERS.HTML?](https://www.cdc.gov/physicalactivity/activepeoplehealthynation/moving-matters.html)



### DID YOU KNOW...?

ADULTS NEED AT LEAST 150 MINUTES OF MODERATE-INTENSITY PHYSICAL ACTIVITY EACH WEEK. THIS COULD BE 22 MINUTES EVERY DAY, 30 MINUTES 5 DAYS A WEEK, OR ANY OTHER COMBINATION THAT WORKS FOR YOU.



## GET 4 FREE AT-HOME COVID-19 TESTS



EVERY U.S. HOUSEHOLD MAY PLACE AN ORDER TO RECEIVE FOUR FREE COVID-19 RAPID TESTS DELIVERED DIRECTLY TO YOUR HOME. [CLICK HERE](#) TO ORDER.

## INFECTION CONTROL & RESPIRATORY VIRUS – PROJECT FIRSTLINE

[CLICK HERE](#) TO VIEW THE CDC'S LIST OF INFECTION CONTROL MEASURES TO PREVENT AND SLOW THE SPREAD OF RESPIRATORY INFECTIONS IN YOUR FACILITY.



## MINDFUL CORNER

SCAN THE QR CODE AND CHECK OUT TIPS FROM THE AMERICAN HEART ASSOCIATION TO BUILD UP YOUR WILLPOWER SO YOU CAN KEEP POSITIVE HABITS GOING STRONG!

