



JUNE 2024 | VOLUME 30



Public Health

WEST CALDWELL HEALTH DEPARTMENT

SERVING WEST CALDWELL, NORTH CALDWELL & FAIRFIELD

SUN SAFETY



SPENDING TIME OUTSIDE IS A GREAT WAY TO BE PHYSICALLY ACTIVE AND GET VITAMIN D. SCAN THE QR CODE TO SEE WHAT YOU NEED TO KNOW ABOUT SUN SAFETY.



EATING OUTDOORS: HANDLING FOOD SAFELY

BARBECUE SEASON OFFERS LOTS OF OPPORTUNITIES FOR OUTDOOR FUN, BUT THESE WARM WEATHER EVENTS ALSO PRESENT OPPORTUNITIES FOR FOODBORNE BACTERIA TO THRIVE. [CLICK HERE](#) FOR SIMPLE FOOD SAFETY GUIDELINES FOR TRANSPORTING YOUR FOOD TO THE PICNIC SITE AND PREPARING/SERVING IT SAFELY ONCE YOU'VE ARRIVED.



AMERICAN RED CROSS SWIM CLASSES & LESSONS



THE RED CROSS OFFERS SWIM CLASSES FOR PEOPLE OF ALL AGES AND ABILITIES. DESIGNED FOR ALL LEVELS, CLASSES ALLOW SWIMMERS TO DEVELOP GOOD HABITS IN, ON AND NEAR WATER, BECOME COMFORTABLE IN THE WATER, LEARN AND REFINE NEW STROKES AND BECOME STRONGER/SAFER SWIMMERS. FOR MORE INFORMATION, SCAN THE QR CODE TO THE RIGHT.



TRAVELERS' HEALTH MOST FREQUENTLY ASKED QUESTIONS

CDC TRAVELERS' HEALTH BRANCH PROVIDES HEALTH ADVICE TO INTERNATIONAL TRAVELERS, INCLUDING ADVICE ABOUT MEDICATIONS AND VACCINES. SCAN THE QR CODE BELOW TO READ ON.





JUNE IS MEN'S HEALTH AWARENESS MONTH!

MEN'S HEALTH MONTH IS CELEBRATED EVERY JUNE TO ENCOURAGE MEN TO TAKE CHARGE OF THEIR HEALTH BY MAKING HEALTHY LIFESTYLE DECISIONS. [CLICK HERE](#) TO LEARN SOME TIPS FOR MEN TO TAKE CONTROL OF THEIR OVERALL HEALTH AND WELLNESS.

SEE A DOCTOR FOR REGULAR CHECKUPS EVEN IF YOU FEEL HEALTHY. THIS IS IMPORTANT BECAUSE SOME DISEASES AND HEALTH CONDITIONS DON'T HAVE SYMPTOMS AT FIRST. SOME OF THE CANCERS THAT MOST OFTEN AFFECT MEN ARE PROSTATE, COLORECTAL, LUNG AND SKIN CANCERS. KNOWING ABOUT THESE CANCERS AND WHAT YOU CAN DO TO HELP PREVENT THEM OR FIND THEM EARLY (WHEN THEY ARE SMALL, HAVEN'T SPREAD, AND MIGHT BE EASIER TO TREAT) MAY HELP SAVE YOUR LIFE. [CLICK HERE](#) TO READ MORE FROM THE AMERICAN CANCER SOCIETY.



SCAN THE QR
CODE FOR
PROSTATE
CANCER
SCREENING
INFORMATION.

SCAN THE QR
CODE FOR
INFORMATION ON
MONTHLY
TESTICULAR SELF-
EXAMS.



MINDFUL CORNER: GIVE YOUR KIDS A HEALTHY & ACTIVE SUMMER



PARENTS PLAY AN IMPORTANT ROLE IN HELPING THEIR CHILDREN PREPARE MENTALLY, PHYSICALLY AND EMOTIONALLY FOR THE UPCOMING SCHOOL YEAR. [CLICK HERE](#) TO LEARN HOW TO GIVE YOUR CHILD A HEALTHY AND ACTIVE SUMMER THROUGH ACTIVITIES THAT MAKE THEM FEEL SAFE, HEALTHY, ENGAGED, SUPPORTED AND CHALLENGED.