



WEST CALDWELL HEALTH DEPARTMENT

SERVING WEST CALDWELL, NORTH CALDWELL & FAIRFIELD

PREPARING YOUR HOLIDAY TURKEY SAFELY

WITH THANKSGIVING RIGHT AROUND THE CORNER, IT IS CRUCIAL TO KEEP FOOD SAFETY IN MIND. TURKEY AND ITS JUICE CAN BE CONTAMINATED WITH GERMS THAT CAN MAKE YOU AND YOUR LOVED ONES SICK. RAW TURKEY CAN CONTAIN SALMONELLA, CLOSTRIDIUM PERFRINGENS, CAMPYLOBACTER AND OTHER GERMS.

WHETHER YOU'RE COOKING A WHOLE TURKEY OR A PART OF IT, SUCH AS THE BREAST, YOU SHOULD TAKE SPECIAL CARE TO PREVENT FOOD POISONING. FOLLOW THE 6 STEPS INCLUDED IN THE LINK BELOW TO SAFELY STORE, THAW, HANDLE, COOK AND REHEAT YOUR TURKEY.

[HTTPS://WWW.CDC.GOV/FOODSAFETY/COMMUNICATION/HOLIDAY-TURKEY.HTML](https://www.cdc.gov/foodsafety/communication/holiday-turkey.html)



NOVEMBER IS NATIONAL DIABETES MONTH

NATIONAL DIABETES MONTH AIMS TO EDUCATE THE PUBLIC ABOUT THE DIFFERENT TYPES OF DIABETES, RISK FACTORS, PREVENTION STRATEGIES AND THE IMPORTANCE OF EARLY DETECTION AND MANAGEMENT.

MANAGING DIABETES CAN BE DIFFICULT DURING THE HOLIDAYS. TO SUPPORT YOU DURING THE HECTIC HOLIDAY SEASON, WE'VE GATHERED SOME HELPFUL DIABETES MANAGEMENT TIPS. READ MORE [HERE](#).



PREDIABETES VS. DIABETES:

HAVING *PREDIABETES* MEANS YOUR BLOOD GLUCOSE (SUGAR) LEVELS ARE HIGHER THAN NORMAL—BUT NOT HIGH ENOUGH TO BE DIAGNOSED AS DIABETES. PREDIABETES CAN LEAD TO HEART DISEASE, STROKE, AND TYPE 2 DIABETES. HOWEVER, PREDIABETES CAN OFTEN BE REVERSED.

WITH *TYPE 2 DIABETES*, YOUR BODY CANNOT PROPERLY USE INSULIN (A HORMONE THAT HELPS GLUCOSE GET INTO THE CELLS OF THE BODY). YOU CAN GET TYPE 2 DIABETES AT ANY AGE, BUT YOU ARE AT HIGHER RISK IF YOU ARE OLDER, OVERWEIGHT, HAVE A FAMILY HISTORY OF DIABETES, ARE NOT PHYSICALLY ACTIVE, OR ARE A WOMAN WHO HAD GESTATIONAL DIABETES.

[CLICK HERE](#) TO LEARN MORE.

WHAT IS RSV? AM I AT RISK?

RESPIRATORY SYNCYTIAL VIRUS (RSV) IS A HIGHLY CONTAGIOUS RESPIRATORY VIRUS THAT STARTS IN THE FALL AND PEAKS IN THE WINTER IN MOST REGIONS OF THE U.S.

MOST PEOPLE RECOVER IN A WEEK OR TWO, BUT RSV CAN BE SERIOUS. INFANTS AND OLDER ADULTS ARE MORE LIKELY TO DEVELOP SEVERE RSV AND REQUIRE HOSPITALIZATION.

EVERYDAY PREVENTATIVE MEASURES CAN HELP PROTECT OLDER ADULTS AGAINST RESPIRATORY VIRUSES. [CLICK HERE](#) TO LEARN MORE.

PREVENTATIVE OPTIONS ARE AVAILABLE TO PROTECT INFANTS AND YOUNG CHILDREN FROM SEVERE RSV. [CLICK HERE](#) TO READ MORE.

FIND A FLU VACCINE
NEAR YOU 



MINDFUL CORNER: HOW TO REDUCE STRESS IN 10 MINUTES



MANY OF US ARE FACING CHALLENGES THAT CAN BE STRESSFUL AND OVERWHELMING. LEARNING TO COPE WITH STRESS IN A HEALTHY WAY WILL HELP YOU, THE PEOPLE YOU CARE ABOUT AND THOSE AROUND YOU BECOME MORE RESILIENT.

TAKING BREAKS THROUGHOUT THE DAY MAY HELP RELIEVE STRESS, EASE TENSIONS OR LESSEN WORRY. EVEN 10 MINUTES IS ENOUGH TO IMPROVE YOUR MENTAL HEALTH. CLICK THE LINK BELOW TO VIEW A LIST OF QUICK ACTIVITIES TO IMPROVE YOUR EMOTIONAL WELL-BEING.

[HTTPS://WWW.CDC.GOV/EMOTIONAL-WELLBEING/FEATURES/REDUCE-STRESS.HTM?
CDC_AA_REFVAL=HTTPS%3A%2F%2FWWW.CDC.GOV%2FPOPULATIONHEALTH%2FWELL-
BEING%2FFEATURES%2FREDUCE-STRESS.HTM](https://www.cdc.gov/emotional-wellbeing/features/reduce-stress.htm?CDC_AA_REFVAL=https%3A%2F%2Fwww.cdc.gov%2Fpopulationhealth%2Fwell-being%2Ffeatures%2Freduce-stress.htm)