

# FEBRUARY NEWSLETTER

## MONTCLAIR HEALTH DEPARTMENT

SERVING MONTCLAIR AND CEDAR GROVE

### PROTECT YOURSELF FROM NOROVIRUS

Designed by Vanessa Dessources, MPH, CPH, CHES

“Norovirus is a very contagious virus that causes vomiting and diarrhea. It is sometimes called the “stomach flu” or the “stomach bug.” Not to be confused with the influenza virus that causes the flu. Norovirus causes **acute gastroenteritis, an inflammation of the stomach or intestines.**

#### WHAT CAUSES IT?

You can get norovirus by accidentally getting tiny particles of feces (poop) or vomit in your mouth from a person infected with norovirus. If you get norovirus illness, you can shed billions of norovirus particles that you can’t see without a microscope. It only takes a few norovirus particles to make you and other people sick.

#### HOW IT SPREADS?

Norovirus is very contagious and can be spread very quickly.

##### Contaminated food:

- A person with norovirus touches food with their bare hands.
- Food is placed on a counter or surface that has poop or vomit particles on it.
- Tiny drops of vomit from a person with norovirus spray through the air and land on the food.
- Food is grown with contaminated water (like oysters), or fruit and vegetables are watered with contaminated water in the field.

##### Contaminated water:

- At the source such as when a septic tank leaks into a well.
- When a person with norovirus vomits or poops in the water.
- When water isn’t treated properly, such as with not enough chlorine.

##### Contaminated surfaces:

- A person with norovirus touches surfaces with their bare hands.
- Food, water, or objects that are contaminated with norovirus are placed on surfaces.
- Tiny drops of vomit from a person with norovirus spray through the air, landing on surfaces or entering another person’s mouth.
- A person with norovirus has diarrhea that splatters onto surfaces.

#### WHEN ARE YOU MOST CONTAGIOUS?

You are most contagious:

- When you have symptoms of norovirus illness, especially vomiting.
- During the first few days after you feel better.”

Information quoted from:

<https://www.cdc.gov/norovirus/causes/index.html>



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# Listen & Learn

## PUBLIC HEALTH ON CALL



### Public Health on Call

John Hopkins Bloomberg School of Public Health

#### 844 - The Changing CDC Website

On Friday, January 31, a number of important datasets and pages housed on the Centers for Disease Control and Prevention website became inaccessible. In this episode: Dr. Nirav Shah, a member of the advisory committee to the director of the CDC and co-chair of the advisory committee's data and surveillance workgroup talks about the critical work of the CDC and the value of its data sets, and the questions being asked about what's going on.

*Note: Dr. Josh Sharfstein, producer and regular podcast host, is also a member of the advisory committee and a co-signer of the letter mentioned in this episode. As always, these podcasts are a conversation between the participants, and do not represent the position of Johns Hopkins University.*

### Love Your Heart Podcast

Cleveland Clinic

#### American Heart Month 2025

In this podcast, Dr. Thanh Hoang, Program Director NCC Endocrinology Fellowship and an Associate Professor of medicine and Director of Endocrine Division of Uniform Services University Health Sciences, interviews Dr. Angela M Leung, Associate Professor of medicine at UCLA David Geffen School of Medicine and an endocrinologist at greater VA Greater Los Angeles Healthcare System. Their discussion focuses on hypo and hyperthyroidism; how to diagnose and whom to screen. In addition, they discuss guidelines that can help clinicians decide who to screen for hypo/hyperthyroidism and the meaning of serum TSH function tests.



## HOW CAN I LISTEN?

To listen to any of the podcasts listed above, scan the QR Code

----- OR -----

search the name of the podcast in the Spotify app or website.

# AMERICAN HEART MONTH

HEART DISEASE, ALSO KNOWN AS CARDIOVASCULAR DISEASE, IS THE LEADING CAUSE OF DEATH IN THE U.S. BUT IMPACTS SOME COMMUNITIES DISPROPORTIONATELY. HEART DISEASE REFERS TO A GROUP OF CONDITIONS THAT AFFECT THE HEART AND ITS BLOOD VESSELS. THESE CONDITIONS CAN DISRUPT THE NORMAL FUNCTIONING OF THE HEART, LEADING TO VARIOUS SYMPTOMS AND COMPLICATIONS. HOWEVER, HEART DISEASE IS PREVENTABLE!

TO PREVENT HEART DISEASE IN ALL AGE GROUPS, WE SHOULD ALL:

- Get Enough Quality Sleep
- Eat Better
- Maintain a Healthy Weight
- Be More Active
- Stop Smoking
- Control Cholesterol
- Manage Blood Sugar
- Manage Stress
- Control Blood Pressure
- Practice Self-Care & Find Social Support

Sourced from NIH: National Heart, Lung and Blood Institute



CORONARY ARTERY DISEASE (CAD) IS THE MOST COMMON TYPE OF HEART DISEASE IN THE UNITED STATES. IT IS CAUSED BY PLAQUE BUILDUP IN THE WALLS OF THE ARTERIES THAT SUPPLY BLOOD TO THE HEART

SOME OTHER COMMON TYPES OF HEART DISEASE INCLUDE:

- Heart failure: When the heart cannot pump blood effectively.
- Arrhythmias: Irregular heart rhythms.
- Valvular heart disease: Damage or dysfunction of the heart valves.
- Congenital heart defects: Abnormalities present at birth.

Sourced from: Centers for Disease Control and Prevention

**SAVE CANCER SCREENING-  
FEBRUARY 2025**

The SAVE Cancer Screening program provides various cancers screenings to those who are low-income, uninsured/under-insured. Each screening has its own eligibility criteria.

**Please reach out to  
nb766@njms.rutgers.edu for more  
information.**

**HEART HEALTHY COOKING  
@ MOUNTAINSIDE HOSPITAL  
February 13, 1pm to 2pm  
Private Dining Room**

Join us for cooking that's good for your heart and your wallet. Learn heart-healthy tips from our registered dietician and cardiac team at this in-person cooking demonstration.

*Samples will be served.*  
Speaker: Camille Gregorio, RD

**HEART HEALTHY LIVING  
@ MOUNTAINSIDE HOSPITAL  
February 18, 1pm to 2pm  
Auditorium**

Learn key strategies for a heart-healthy lifestyle, including tips on diet, exercise, and stress management. Speaker: Amanda Scelfo, AGPCNP-BC, Nurse Practitioner  
Following the lecture, enjoy free blood pressure, glucose, and cholesterol screenings to take a proactive step in caring for your heart health.

**2pm-4pm  
FREE Heart Health Wellness  
Screenings in Hospital Conference  
Room 2**

**RUTGERS HEALTH** SAVE - CANCER SCREENING - FEBRUARY 2025

Contact: 973-972-7007 / 973-972-0310  
nb766@njms.rutgers.edu

<b>Tuesday - February 4</b> Mary Eliza 394 University Ave, Newark, NJ- 07102 Breast Screening 9:00 AM - 3:00 PM	<b>Thursday - February 6</b> East-Orange 44 City Hall Plaza, East Orange, NJ- 07018 Breast & Cervical Screening 9:00 AM - 2:00 PM	<b>Friday - February 7</b> Mount Vernon School 142 Mount Vernon Pl, Newark, NJ, 07106 Breast & Cervical Screening 9:00 AM - 3:00 PM
<b>Tuesday - February 11</b> Mary Eliza 394 University Ave, Newark, NJ- 07102 Breast Screening 9:00 AM - 3:00 PM	<b>Wednesday, February 12</b> University Ambulatory Care Center 140 Bergen St, Newark, 07103/ Level E Prostate Screening 3:00 PM - 4:30 PM	<b>Thursday - February 13</b> Ebenezer Baptist Church 153 William St, Orange, NJ- 07050 Breast & Cervical Screening 8:00 AM - 12:00 PM
<b>Friday, February 14</b> University 205 South Orange Ave, Newark, 07103 Breast & Cervical Screening 8:00 AM - 1:00 PM	<b>Wednesday, February 19</b> University 205 South Orange Ave, Newark, 07103 Breast & Cervical Screening 8:00 AM - 1:00 PM	<b>Thursday, February 20</b> University 205 South Orange Ave, Newark, 07103 Breast & Cervical Screening 8:00 AM - 3:00 PM
<b>Wednesday - February 26</b> Mobile Clinic Somewhere in Essex County More Information Coming Soon Breast & Cervical Screening 8:00 AM - 3:00 PM	<b>Thursday - February 27</b> 29 North Day St, Orange, NJ- 07050 Breast & Cervical Screening 9:00 AM - 3:00 PM	<b>Friday, February 28</b> University 205 South Orange Ave, Newark, 07103 Breast & Cervical Screening 8:00 AM - 3:00 PM

**SERENITY FAMILY SUPPORT GROUP**

A support group held by the Essex Health & Wellness Recovery Center in order to find peace and healing for those affected by the opioid epidemic.

**Tuesdays 6pm - 7pm**  
101 Park Street Montclair, NJ 07042  
Suite 4

**For more information, contact Marisa (201)- 280- 8499**

**MOUNTAINSIDE HOSPITAL WELLNESS SCREENINGS & PARENT EDUCATION CLASSES**

**WELLNESS SCREENINGS**

No need to fast and registration is not req

**Jan. 8 & Mar. 12 10AM-12PM**

Blood Pressure and Glucose Screenings

Nutley Shop Rite, 437 Franklin Avenue

**Jan. 15 & Mar. 5, 10AM-12PM**

Blood Pressure and Glucose Screenings

West Caldwell Shop Rite, 540 Passaic Avenue

**Jan. 22 & Mar. 26, 12AM-2PM**

Glucose Screenings

Bloomfield Public Library, 90 Broad Street

**Feb. 4 10AM - 12PM**

Blood Pressure and Glucose Screenings

Little Falls ShopRite, 171 Browertown Rd.

**Feb. 13 11AM-1PM**

Blood Pressure and Glucose Screenings

Wally Choice Community Center, 45 Maple Aven

**Feb. 14 10AM-12PM**

Blood Pressure and Glucose Screenings

Glen Ridge Public Library, 240 Ridgewood Ave

**Feb. 18 11AM-1PM**

Blood Pressure and Glucose Screenings

Montclair Public Library, 50 South Fullerton Avenue

**Feb. 19, 10AM - 12PM**

Blood Pressure and Glucose Screenings

Belleville Shop Rite, 726 Washington Avenue

**PARENT EDUCATION CLASSES**

**Now in Person**

**Jan. 6, Feb.10, Mar.10, 7-9:30 PM**

Infant Care and Safety Class

Expectant parents learn about care, safety, growth and development of infants.

**Jan. 15, Feb. 12, Mar.19, 7-9:30 PM (in person)**

Jan. 16, Feb. 5, Mar. 13 (Virtual)

Breastfeeding Class

Basics of breastfeeding.

**Jan. 11, Feb. 8, Mar. 8, 9AM -3PM (in person)**

Jan. 11, Feb. 1, Mar. 8 (Virtual)

Prepared Childbirth Class

This class prepares the expectant mother and her support person for the birthing experience.

**Jan. 7, 14 & 28, Feb. 4, 11, 18, & 25, Mar. 4, 11, 18 & 25**

5:30 - 6:15 PM

Jan. 11, Feb. 8, Mar. 8 (Saturday Tours)

3:30pm

Tours of Birthing Center

Staff-guided tours of the birthing center.

Feel free to ask questions.



**Register for events, and parent education  
classes using the QR Code.**

**Montclair Health Department Immunization Clinics**

Montclair Health Department offers immunization clinics on the first and third Tuesdays of every month.

To make an appointment, please call 973-509-4970 or email  
[mginter@montclairnjusa.org](mailto:mginter@montclairnjusa.org).

205 Claremont Ave, 3rd Floor, Montclair, NJ 07042

