

JANUARY NEWSLETTER

MONTCLAIR HEALTH DEPARTMENT

SERVING MONTCLAIR AND CEDAR GROVE

HAPPY NEW YEAR FROM THE
MONTCLAIR HEALTH DEPARTMENT

United States Upper Respiratory Infection Levels Are High

Written and compiled by Vanessa Dessources, MPH, CPH, CHES

You may have noticed that either you or everyone around you seem to be getting sick with an upper respiratory infection that has been going around of late. According to Center for Disease Control (CDC); "as of January 3, 2025, the amount of acute respiratory illness causing people to seek healthcare is at a high level and continues to increase nationally."

COVID-19 viral activity in wastewater is currently high nationally. However, emergency department visits are low though they are trending upward.

In Essex county specifically, viral activity in wastewater is currently low and emergency department visits are low and trending upwards similar to the national numbers.

Flu and RSV viral activity in wastewater are both currently at the moderate level nationally. However, the emergency department visits for both are high and still increasing.

In Essex county, viral activity in wastewater for both flu and RSV are moderate. However, emergency department visits for the flu are VERY high and are still increasing--RSV is currently at a high level, but decreasing.

The best way to protect yourself from these infections would be to get vaccinated. Vaccines numbers for flu and COVID-19 are low in adults and children this year. RSV vaccines are most recommended for adults over the age of 75 year of age and or those 60 and older with either preexisting conditions or live in nursing home facilities.

CDC's Outlook on the Rest of Respiratory Illness Season

CDC expects the fall and winter respiratory disease season will likely have a similar or lower number of combined peak hospitalizations due to COVID-19, influenza, and RSV compared to last season. The peak for hospital demand and test positivity for each illness varies, however, we can expect to see many people with respiratory illness throughout January and February based on historical trends.

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Listen & Learn

Public Health on Call

John Hopkins Bloomberg School of Public Health

827 - The Rise in Pediatric Cases of Walking Pneumonia

Well into the respiratory illness season, there's been a rise in cases of walking pneumonia compared to recent years, particularly among children. In this episode: an overview of walking pneumonia; how it's tested, treated, and prevented; and what parents and caregivers should look out for in children. Guests: Dr. Anna Sick-Samuels is an associate professor of pediatric infectious diseases at Johns Hopkins University School of medicine and a pediatric infectious disease epidemiologist for Johns Hopkins Hospital.

Host: Lindsay Smith Rogers, MA, is the producer of the Public Health On Call podcast, an editor for Expert Insights, and the director of content strategy for the Johns Hopkins Bloomberg School of Public Health.



AACE Podcast

American Association of Clinical Endocrinology

Episode 6: Thyroid Podcast

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.

7 Tips for Washing Produce



Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.



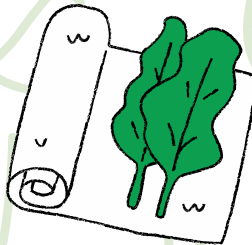
Use a clean vegetable brush to scrub firm produce, such as melons and cucumbers.

If damage or bruising occurs before eating or handling, cut away the damaged or bruised areas before preparing or eating.



Dry produce with a clean cloth or paper towel to further reduce bacteria that may be present.

Rinse produce **BEFORE** you peel it, so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable.



Remove the outermost leaves of a head of lettuce or cabbage.

Gently rub produce while holding under plain running water. There's no need to use soap or a produce wash.

Federal health officials estimate that nearly 48 million people are sickened by food contaminated with harmful germs each year. In recent years, the US has had several large outbreaks of illness caused by contaminated fruits and vegetables—including spinach, cantaloupe, tomatoes, and lettuce.



**SAVE CANCER SCREENING-
JANUARY 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**

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.

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

