



Public Health
Prevent. Promote. Protect.

November, 2024 Issue 13

NEWSLETTER

Sussex County Division of Health



*Welcome to
the health
hub!*

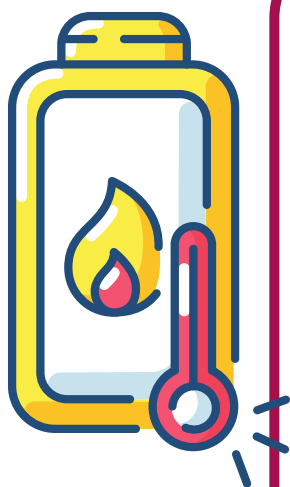
Lithium-Ion Battery Fires: A Growing Concern



Lithium-ion batteries are common in everyday devices but can pose risks when damaged or misused.

The problem:

- These batteries store a large amount of energy in a small space.
- Sometimes batteries are not used correctly; batteries not designed for a specific use can be dangerous.
- Like any product, a small number of these batteries are defective. They can overheat, catch fire, or explode.



What can cause this to happen? Here are some examples:

- Physical damage, such as crushing or penetration.
- Electrical damage, either external or internal, results in a short circuit.
- Overheating can occur when the battery is charged too quickly or overcharged.

What can we do to prevent a lithium-ion battery fire?

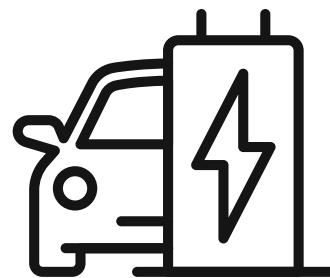
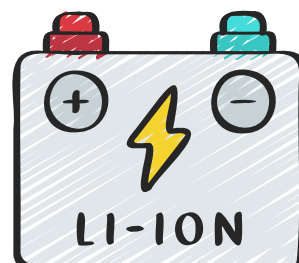
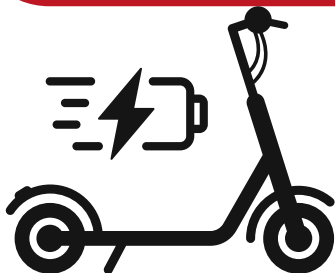
- Purchase and use devices that a qualified testing laboratory lists.
- Always follow the manufacturer's instructions.
- Only use the battery that is designed for the device.
- Put batteries in the device the right way.
- Only use the charging cord that came with the device.
- Do not charge a device near flammable or combustible liquids or materials.
- Do not keep charging the device or battery after fully charging.
- Keep batteries at room temperature. Do not charge them at temperatures below 32°F (0°C) or above 105°F (40°C).
- Store batteries away from anything that can catch fire.

Signs of a Problem

Stop using the battery if you notice these problems: **odor, change in color, too much heat, change in shape, leaking, or odd noises.** If it is safe, move the device away from anything that can catch fire.

Battery Disposal

- Do not put lithium-ion batteries in the trash.
- Recycling is always the best option. Take them to a battery recycling location.
- Do not put discarded batteries in piles.



DID YOU KNOW...

facts on lithium batteries

that your phone,



laptop,



and other
electronic devices



contain
lithium
batteries?



that
lithium batteries



and e-cigarettes



are
dangerous
goods?



that if
lithium batteries
are damaged
or short circuited



they can
start a **fire?**



Do not
put them
in your checked-in
luggage



**Carry them
with you**



*Your safety depends on **You** too*

**For more information visit the
National Fire Protection
Association (NFPA) website or
scan the code.**



November



Is Diabetes Awareness Month

Diabetes is a chronic disease that occurs when the body doesn't produce enough insulin or can't use insulin properly, resulting in high blood sugar levels.

Type 1 Diabetes

Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake). This reaction stops your body from making insulin.

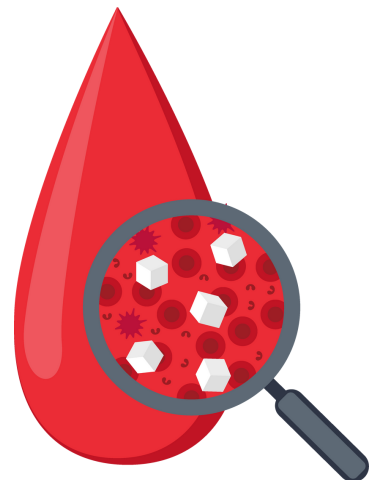
Type 2 Diabetes

With type 2 diabetes, your body doesn't use insulin well and can't keep blood sugar at normal levels. It develops over many years and is usually diagnosed in adults.



Reduce Your Risk By:

- Increasing physical activity
- Eating a healthy diet
- Losing weight





Influenza

Flu is a contagious respiratory illness caused by influenza virus that infects the nose, throat, and sometimes the lungs. It can cause mild to severe illness and, at times, can lead to death.

Symptoms

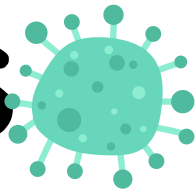
- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue

Immunization

Everyone 6 months and older in the United States should get an influenza (flu) vaccine every season, with rare exception.

The high-dose flu vaccine is recommended for people 65 years of age and older.

IT'S RSV SEASON

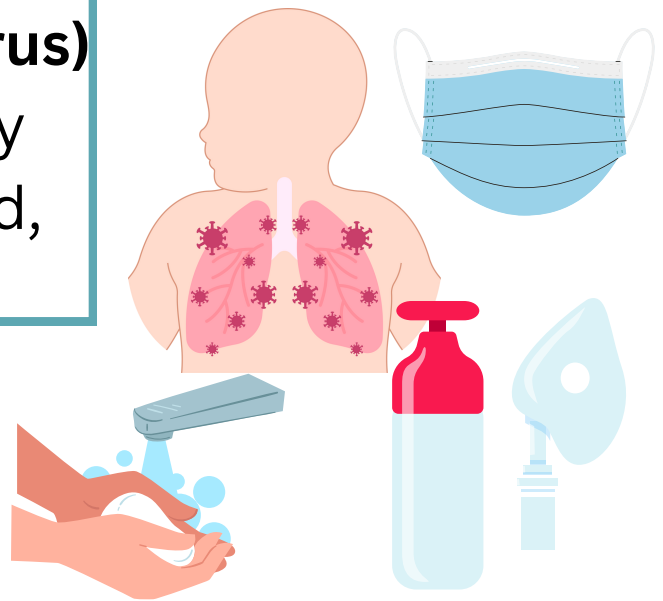


RSV (Respiratory Syncytial Virus)

RSV is a common respiratory virus that usually causes mild, cold-like symptoms.

Transmission:

- Virus droplets from a cough or sneeze entering your eyes, nose, or mouth
- Direct contact with the virus, like kissing the face of a child with RSV
- Touching a surface that has a virus on it, like a doorknob, and then touching your face before washing your hands



Symptoms

Runny nose
Decrease in appetite
Coughing
Sneezing
Fever
Wheezing

Immunization

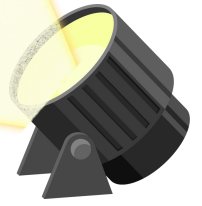
Get a RSV antibody immunization for your baby if they are younger than 8 months, and born during or entering their first RSV season.

Get a RSV vaccine if you are 32-36 weeks pregnant during RSV season.



SPOTLIGHT

OF THE MONTH



NJLINCS Health Network System

New Jersey Local Information Network and Communications System (NJ LINCS) is an electronic information system that supports interactive reporting, health data analysis, and the dissemination of public health information between the New Jersey Department of Health, Centers for Disease Control and Prevention (CDC), local health departments, health care providers and emergency responders.

All LINCS agencies are continuously developing their Community Health Alert and Information Network (CHAIN) which connects public health departments with hospitals, laboratories, emergency responders, medical providers, schools and other community organizations for electronic information sharing and response to public health incidents.

LINCS Team

Health Officer

LINCS Coordinator

Public Health Emergency Notification System Coordinator (PHENS)

Health Educator/Risk Communicator (HERC)

Public Health Nurse

Epidemiologist



The Sussex County LINCS Team is a 24/7 emergency notification system that alerts local, state, and federal partners to health and safety threats.

This information can include food recalls, communicable disease outbreaks, and other public health information. NJLINCS provides situational awareness about emerging public health events, treatment and prevention guidelines, and other relevant public health information.



**To receive NJLINCS
Messages scan the
QR code.**

