



Public Health
Prevent. Promote. Protect.

April, 2025
Volume 2, Issue 4

NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!

SPRING CLEANING

During spring cleaning, identify and properly dispose of household hazardous waste (HHW), which includes items with corrosive, toxic, ignitable, or reactive ingredients, such as oil based paints, cleaners, oils, batteries, and pesticides.

Springtime Recycling Activities – Recycling should be all year long, but in the spring, there are special activities that you can do in your yard, such as composting.

Recycling Around the Home – Reduce, reuse, and recycle materials and decrease the amount and toxicity of the waste produced in and around your home.

Buying a new computer or other gadget? – When you recycle old electronics, you help reduce waste, save energy, and recover valuable materials.
eCycling for Cell phones | Computers | Televisions

Heating and cooling – Is your home's cooling equipment more than 10 years old? If so, the Environmental Protection Agency encourages you to have your current system inspected for energy performance by a professional contractor before the busy summer season hits.



Sussex County Municipal Utilities Authority



2025 Recycling Event Schedule



Household Hazardous Waste Days: Saturdays June 7th & November 1st

Dispose of oil-based paints, stains, thinners, pool chemicals, mercury, lubricants, chlorine, driveway sealer, fluorescent bulbs, household batteries and more.

Limits: 100 lbs. dry waste, 10-gal liquid waste, and 10 fluorescent bulbs *per vehicle free of charge*. Scale charge of \$1.79/lb. for quantities > 100 lbs.



Electronics Recycling Days: Saturdays April 12th & October 4th

Free event! TV's, desktop computers, laptops, desktop printers and fax machines, cell phones, VCR's, DVD's & CD's, copiers, radio & stereos, etc. (*Residents may drop off TV's, computers and printers any business day at no charge. See website for info.*)



SCMUA Recycling Center open Monday - Saturday

Free recycling of commingled containers (glass, plastic & aluminum), cardboard, newsprint, junk mail, office paper, packaging foam, motor oil, antifreeze, cooking oil, plastic bags and film, rechargeable batteries and American Flags.

Information:
973-579-6998
www.scmua.org



Monthly Paper Shredding – Document Destruction

Secure document shredding the 3rd Friday of every month 9:00 AM–12:00 PM. Charge by volume. **\$7.00** minimum/grocery bag. Cash or Check ONLY.

Mulch & Compost every Monday through Saturday

Sussex County residents can hand load regular mulch and compost for FREE! The SCMUA will load Colorized Mulch and compost for a nominal fee.

34 Route 94, Lafayette, NJ 07848

Hours of Operation: Monday–Saturday 7:00 am–2:00 pm

For more information



Reducing the Household Hazardous



Waste in Your Home



Consider reducing your purchase of products that contain hazardous ingredients.

Learn about the use of alternative methods or products, without hazardous ingredients, for some common household needs.

When shopping for items such as multipurpose household cleaners, toilet cleaners, laundry detergent, dish soap, dishwashing machine pods and gels, bug sprays, and insect pest control, consider shopping for environmentally friendly, natural products or search online for simple recipes you can use to create your own.

Below are some ideas to get you started:

Hazardous Waste Source Reduction around the Home	
Drain Cleaner	Use a plunger or plumber's snake.
Glass Cleaner	Mix one tablespoon of vinegar or lemon juice in one quart of water. Spray on and use newspaper to dry.
Furniture Polish	Mix one teaspoon of lemon juice in one pint of mineral or vegetable oil and wipe furniture.
Rug Deodorizer	Liberally sprinkle carpets with baking soda. Wait at least 15 minutes and vacuum. Repeat if necessary.
Silver Polish	Boil two to three inches of water in a shallow pan with one teaspoon of salt, one teaspoon of baking soda and a sheet of aluminum foil. Totally submerge silver and boil for two to three more minutes. Wipe away tarnish and repeat if necessary.
Mothballs	Use cedar chips, lavender flowers, rosemary, mints or white peppercorns.

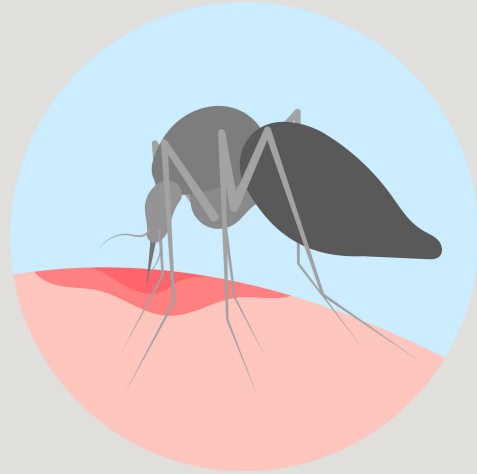


West Nile Virus

West Nile Virus (WNV) is the leading cause of mosquito-borne disease in the United States. It is most commonly spread to people by the bite of an infected mosquito. Most cases of West Nile occur during mosquito season, which starts in the summer and continues through fall.

Symptoms

- Fever
- Headache
- Body aches
- Vomiting
- Diarrhea
- Rash



How it spreads

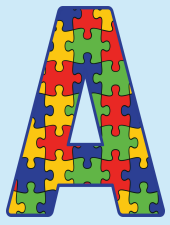
- People become infected with the virus when mosquitoes feed on infected birds and then bite people.
- People are dead-end hosts because they don't develop high enough virus levels to transmit it to mosquitoes.
- The virus is rarely transmitted through blood transfusion, organ transplantation, or from mother to baby during pregnancy, delivery, or breastfeeding.

Prevention

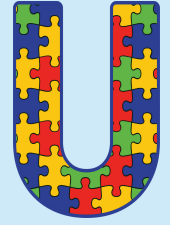
There are no vaccines or medicines to prevent WNV.

The best way to prevent WNV is to protect yourself from mosquito bites.

- Use insect repellent
- Wear long-sleeved shirts and pants
- Treat clothing and gear
- Take steps to control mosquitoes indoors and outdoors



Autism, or Autism Spectrum Disorder (ASD), is a developmental disorder that affects how a person thinks, interacts, and experiences the world. It can vary widely in its severity and characteristics. People with autism often have challenges with social communication, may engage in repetitive behaviors, and might have focused interests or sensitivities to sensory experiences , like light, sound, or textures.



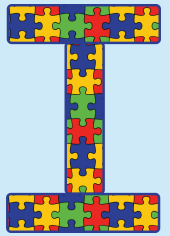
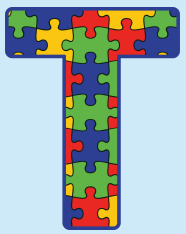
Examples of signs and symptoms

Social Communication and Interaction:

- Difficulty with eye contact or understanding non-verbal cues like facial expressions and gestures.
- Challenges in making and maintaining friendships, and difficulty with social interactions.
- Difficulty understanding or expressing emotions and responding to social cues.
- Limited use of spoken language or delay in speech development.

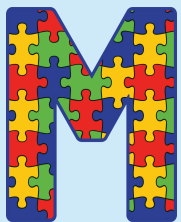
Behavior and Interests:

- Repetitive behaviors such as hand-flapping, rocking, or repeating words or phrases.
- Intense focus on specific topics or interests, sometimes to the exclusion of other activities.
- Unusual sensory sensitivities, such as being overly sensitive to light, sound, textures, or smells, or underreacting to pain.



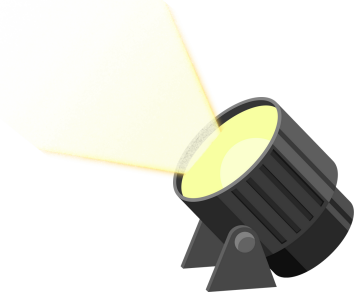
Treatment

- Behavioral
- Developmental
- Educational
- Social-relational
- Pharmacological
- Psychological
- Complementary and alternative



Scan the QR code for more information





SPOTLIGHT

OF THE MONTH

Special Child Health Services

Special Child Health Services ensures that all children with special health needs have access to comprehensive, community-based, culturally competent, and family-centered care through case management services. Case Management is available for any child from birth through twenty-one who has special health care needs and at no cost to the families.



Who should call?

Families of children with:

- Developmental delays
- Physical disabilities
- Autism
- Hearing impairment/ Vision impairment
- Chronic medical problems
- Traumatic brain injury

Families that need assistance with issues related to:

- Medical
- School
- Financial
- Social
- Rehabilitative

