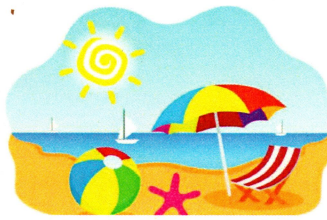


Your Health Your Life



Atlantic County
Division of Public Health
Newsletter
Summer 2024

Tips for a Healthy and Safe Summer

Protect yourself from the sun & heat

- Apply sunscreen with at least SPF 15
Reapply through-out the day
- Wear a hat and lightweight, light-colored, clothing
- Drink plenty of water and avoid sugary beverages
- Stay in an air-conditioned place as much as possible
- Use your stove and oven less to maintain a cooler temperature in your home
- Take a cool shower or bath to cool off

Prevent tick and mosquito bites

- Use Environmental Protection Agency (EPA) registered insect repellent, wear long-sleeve shirts and long pants
- Stay indoors at dawn and dusk, which are peak mosquito biting times and avoid tick-infested areas such as tall grass and bushes
- Drain standing water to reduce the number of places mosquitoes can lay their eggs and breed

Vaccines for kids

- Schedule a check-up with your child's doctor
- Make sure your child is up to date on age-specific and routine vaccinations
- Talk to the doctor about your child's overall physical and mental health.

Prevent summertime injuries

- Wear a helmet on bikes, scooters, skateboards, or anything else on wheels
- Follow safety signs on playgrounds and parks
- Travel smart: Bring a first aid kit, buckle your seatbelt, properly secure child seats, and never leave kids or pets in a hot car

Be safe in and around water

- Learn to swim: Be able to get a breath and float
- Swim in areas supervised by life guards
- Wear a life jacket near lakes, oceans, and rivers
- Be aware of ocean and river currents
- Avoid alcohol when boating, swimming, or using a hot tub

Find ways to stay active

- Learn a sport with friends in the neighborhood
- Visit and explore the local parks
- Take a walk and count how many steps you take
- Get enough sleep each night and stick to it
Rest is also a healthy part of an active routine



Help us understand the needs
in your community

Scan the QR Code or Visit

<https://bit.ly/AtlanticSurvey-2024>



All responses are confidential

The Source
A Resource Guide for People of All Ages in Atlantic County, NJ
2024-2025

Aging and Disability Resource Center (ADRC)
Hotlines & Other Useful Numbers
Medical & Dental Services, STD Clinics & Health Insurance Resources
Life Skills & Prevention Programs, Veterans Services & Legal Resources
Mental & Behavioral Health Services and Suicide Prevention
Emergency Social Services, Substance Use and Addiction Counseling & Treatment
Child Health, Pregnancy, Family Planning, Parent Support & Family Success Centers
Careers, Education, Employment, Disability Resources, & Housing, Utility Assistance, Transportation
Food Pantries, Emergency Preparedness and Public Health Resources

The 2024-2025 Source Book
A RESOURCE GUIDE
FOR PEOPLE OF ALL AGES
IN ATLANTIC COUNTY
is available
Contact Christine King
609-645-7700 ext.4381

Atlantic County Division of Public Health: Working for Healthy People and Healthy Communities

Atlantic County Executive
Dennis Levinson



Atlantic County Board of Commissioners
Maureen Kern, Chairwoman