

Your Health Your Life



Atlantic County
Division of Public Health
Summer 2025 Newsletter



Get Back on Track with Routine Vaccinations



You have the power to protect your children against serious diseases. This summer, schedule a check-up with your doctor to ensure your child is up to date on their vaccinations. During the visit, you can also talk to the doctor about their overall physical and mental health and schedule any additional exams that might be needed. A summer check-up can contribute to good health year-round!

Vaccinations are available for children who are uninsured or have NJ Family Care Plan A at the Atlantic County Division of Public Health. Call 609-645-5933 to make an appointment.

**For more county services and resources visit The SOURCE
on our website at www.atlanticcountynj.gov or scan the QR code**



TICK
REMOVAL



Grasp tick close to your skin
Pull gently with backward pressure
Wash area with soap, water

**It can take 3 to 14 days to become sick
after a tick bite.**

If you experience symptoms such as fever, rash, severe headache, chills, nausea or vomiting, muscle and joint pain and weakness, see a doctor right away.

Protect Yourself from Tick Bites

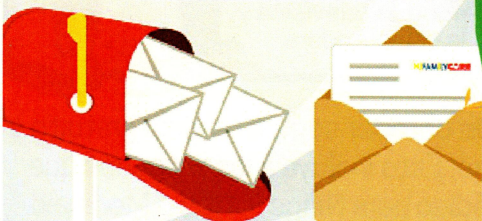
- ✓ Use an EPA-registered insect repellent with one of the active ingredients: **DEET, Picaridin, IR3535, Oil of lemon eucalyptus, Para-menthane-diol, 2-undecanone**
- ✓ Wear clothing treated with permethrin
- ✓ Shower as soon as possible after spending time outdoors
- ✓ Check for ticks on yourself/clothing, kids and pets
- ✓ Wash and tumble clothes in a dryer on high heat



NJ FAMILYCARE RENEWAL PACKETS ARE COMING

Update your mailing address at

1-800-701-0710 (TTY: 711)

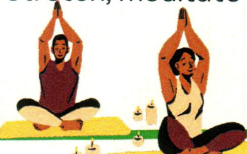


**For more information
visit Stay Covered NJ
www.nj.gov/StayCoveredNJ
or scan the QR code**



Healthy Ways To Manage Stress

- » Eat healthy, well-balanced meals
- » Get plenty of sleep
- » Be physically active & move more
- » Drink alcohol in moderation
- » Avoid smoking & the use of tobacco products
- » Take deep breathes, stretch, meditate
- » Unwind through yoga, music, gardening or a new hobby
- » Disconnect from phone, tv, and computer



Residents of any age may be able to get free or low-cost health insurance through NJ FamilyCare. It includes people who qualify for Children's Health Insurance Program (CHIP) or Medicaid.

Eligibility is based on income and household size.

For more information visit: njfamilycare.dhs.state.nj.us.

If you don't qualify for NJ FamilyCare, other insurance options are available at: www.getcovered.nj.gov.

Atlantic County Executive
Dennis Levenson



Atlantic County Board of Commissioners
Richard R. Dase, Chairman