

Health Department News

WINTER 2013

Serving Bloomingdale, Florham Park, Kinnelon, Pequannock, Riverdale

Fall Vaccines Are Still Available

Flu Season is NOT over yet, if you haven't received your FLU vaccine, please contact our Public Health Nurses Today!



SHINGLES/

Zostavax Vaccine:

Now available through the Health Department. Recommended for persons age 60 and older to prevent shingles. Cost: \$200 per vaccination.

In Pequannock:

- ▶ Vegetative Waste will resume pick up on Monday April 1st 2013.
- ▶ Christmas Tree Collection will be Jan 7th & 21st 2013.



Medical Equipment for Loan

The Health Department has a supply of walkers, canes, wheelchairs, shower chairs, elevated toilet seats available for loan to residents. Contact the Public Health Nurses for more information.



Stay Tuned for Our Upcoming 100 Day Weight Loss Challenge

coming in February (*dates below*) If you're interested, please contact the Health Department.

Sign-up required!

Mark your Calendars!!!

February 4th-May 14th.

For details, pick up our flyer at your local Health Department



Child Health Conferences:

Immunizations and wellness physicals are available to uninsured/under insured children. Clinics are scheduled bi-monthly. \$10.00 per visit. Appointments are required.



February 1, 2013 is National Wear Red Day

Heart Disease is the #1 Killer in Women. The Heart Truth is a National Awareness Campaign for Women about Heart Disease! Know the signs and symptoms, it is never too early or too late! Some Risk factors: Cholesterol, Diabetes, High Blood pressure, Inactivity & Obesity.

Learn more, www.goredforwomen.org

Please wear RED on February 1, 2013, FRIDAY to show your support!



Rabies Clinic Still Available.

Jan 5th in Kinnelon from 1-3pm at DPW Garage & **Feb. 16th** in Bloomingdale from 11am-1pm. Senior Center (rear lot).

To Receive Regular Alerts and Updates (e-Notify)

- Go to www.peqtwp.org/health
- Connect with us:



For further information or to make appointments (when required) regarding the above programs or other services offered by the Health Department please call 973-835-5700 ext 127, or Check out our webpage.