

West Windsor Health Department

serving the communities of

West Windsor • Robbinsville • Hightstown



Public Health
Prevent. Promote. Protect.

2013 Community Health Services Directory

271 Clarksville Road
West Windsor, New Jersey 08550
609.936.8400
www.westwindsortwp.com

Our vision is thriving and healthy communities. To achieve our vision, the Health Department is committed to providing public health services to protect, promote, assess and assure health and safety in the areas of:

preventative health ■ environmental and consumer health
communicable disease control ■ environmental regulation enforcement
public health preparedness ■ health education

PUBLIC HEALTH SERVICES

The Health Department maintains records of all births, marriages and deaths that occur in the township of West Windsor: certified copies are available for a fee. Please call before coming to the office to apply for a marriage license.

Administrative staff are available Monday - Friday, 9:00 AM - 5:00 PM to help you with all questions, complaints and other public health services.

Contact the Health Department through the Police Department for emergencies (nights and weekends) at **799-1222**.

COMMUNICABLE DISEASE CONTROL

- Investigate disease outbreaks, and initiate follow up control and preventive measures when appropriate. Maintain records of all reportable communicable diseases and report cases to the NJ State Department of Health.
- Public health nurse conducts immunization record audits of all preschool and daycare centers, public and private schools.
- Provide seasonal flu shots for adults over the age of 55 every Fall.
- Referrals for confidential Sexually Transmitted Disease (STD) treatment and services.
- Investigate public health nuisances in residential and commercial areas in response to citizen complaints regarding animals, insects, rodents, garbage or debris, weed or poison ivy control.
- Conduct routine inspections of public swimming pools for safety standards and cleanliness.
- Monitor solid waste management and solid waste disposal.
- Radon test kits are available for \$25.00.
- Lead Poisoning: investigate complaints, test for lead paint and initiate abatement procedures if indicated.
- Regulate the installation, repairs and maintenance of sewage disposal systems and private wells. A permit is **required** for all installations and repairs.
- Provide information regarding care and maintenance of septic systems and private wells. Homeowners should:
 - ✓ Pump septic tanks every three years
 - ✓ Test private wells once a year

ENVIRONMENTAL and CONSUMER HEALTH

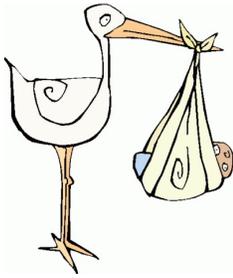
- Inspect retail food establishments during the year to ensure that food retailers meet the State Sanitary Code.

HEALTH-RELATED COMPLAINTS

- Call the Health Department at (609) 936-8400
- Send in writing to West Windsor Health Department, P.O. Box 38, West Windsor, NJ 08550

Include your name, contact information and as detailed description of the situation as possible.

PUBLIC HEALTH SERVICES



MATERNAL and CHILD HEALTH

Uninsured infants and pre-school children through age six may attend the free Child Health Conferences

(CHC). Well child services include physical exams, immunizations, lead and TB screening. Older children through age 18 may also receive booster immunizations and age-appropriate services. Call the Health Department for information about eligibility, dates and locations of the CHC.

RABIES CONTROL

- All animal bites (dogs, cats, bats, raccoons, etc) must be immediately reported to the Health Department at **936-8400**.
- Animal control services are administered by the West Windsor Police Department. Call **799-1222** for more information.
- Free walk-in rabies clinics for cats and dogs is offered in January and April of each year. Call the Health Department for dates and locations.
- All dogs and cats seven months or older must be licensed. Dog licenses must be renewed in January - cat licenses must be renewed in April. Proof of rabies vaccination is required for a license to be issued. Fees are lower for spayed or neutered animals. Licenses can be obtained through the mail or at the Health Department during regular office hours.



HEALTH EDUCATION

- Education programs, information and referrals to community resources are available to all residents. Call the Health Department for more information about current programming.

MUNICIPAL RESOURCES



SENIOR CENTER

271 Clarksville Road
www.westwindsornj.org/seniorservmain.html
609-799-9068

RECREATION & PARKS DEPARTMENT

Municipal Complex
271 Clarksville Road
www.wwparks-recreation.com
609-799-6141

West Windsor provides public health services to the townships of Robbinsville and Hightstown through a shared services agreement for more than a decade.

- Services are no different than if residents were contacting their own municipality.
- Shared services contracts are encouraged to hold down property taxes for the residents of all three towns.

MERCER COUNTY: Government Agencies

MERCER COUNTY

www.nj.gov/counties/mercer

County Connection - (609) 890-9800

Mercer County Photo ID (Clerk's Office) - (609) 989-6473

DEPARTMENT OF HUMAN SERVICES

Division of Mental Health

(609) 989-6574

Traumatic Loss Prevention Services (teenage suicide prevention program)

(609) 278-7924

(609) 396-4357 (PESS - Adult Psychiatric Emergency Screening Services)

Division of Youth Services

(609) 278-4845

Office of Addiction Services

(609) 989-6897

Office on Disability Services

(609) 989-6468

Office on Aging

(609) 989-6661

(877) 222-3737 (toll free **NJ EASE**)

(609) 695-3483 (Meals on Wheels)

(609) 989-6650 (Mercer County Nutrition Project)

BOARD OF SOCIAL SERVICES

Temporary Assistance to Needy Families (TANF); Supplemental Nutrition assistance Program (SNAP - formerly food stamps); general assistance; home health aide services; Refugee Resettlement Program; referrals - (609) 989-4491

Child Support - (609) 989-4351

Adult Social Services; emergency assistance; family planning - (609) 989-4451

Adult Protective Services - (609) 989-4346

Medicaid - (609) 989-4664

DIVISION OF TRANSPORTATION

(609) 989-6629

TRADE: free transportation for adults ages 60+ and individuals with disabilities.

(609) 530-1971

PARKS COMMISSION

(609) 989-6800

DEPARTMENT OF CONSUMER AFFAIRS

(609) 989-6671

CANCER PREVENTION TIPS

DO NOT USE ANY TOBACCO PRODUCTS. Call the NJ Quitline at (866) 657-8677 or visit www.nj.quitnet.com for help.

MAINTAIN A HEALTHY WEIGHT. Throughout your life, be as lean as possible without becoming underweight.

EXERCISE. Get some physical activity for at least 30 minutes on most days of the week. Check with your health care provider before you begin any new exercise routine.

WHAT YOU EAT IS IMPORTANT.

- Eat a variety of vegetables, fruits, whole grain products and legumes (beans, lentils, peas, edamame or soy nuts).
- Limit how much red meat you eat, especially higher fat cuts of beef, pork, and lamb and processed meats such as bologna, salami and hot dogs. Trim the skin and fat from poultry.
- Choose reduced or fat free dairy products including milk, cheese, and yogurt.
- Limit consumption of high sodium (salty) foods and foods cured with salt.

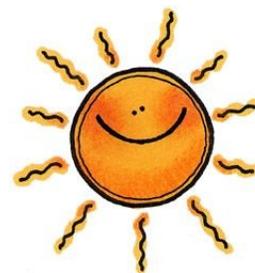
DRINK ALCOHOL IN MODERATION, OR NOT AT ALL. At the most, that's two drinks per day for men and one drink per day for women.

DO NOT RELY ON SUPPLEMENTS. It's tempting to think that a pill can protect you from cancer. While many protective compounds can be isolated from their source foods (beta carotene, omega-3 fatty acids, vitamins C & E, selenium, etc), it's still best to get these substances from a variety of real foods.

COOK CAREFULLY. Frying, broiling or grilling meats at very high temperatures may produce some cancer promoting chemicals in charcoal broiled meat products. Stew, steam, poach or microwave meats to produce fewer of these chemicals.

PROTECT YOUR SKIN FROM THE SUN'S UV RAYS.

- Avoid direct sun exposure from 10 AM until 4 PM when the sun is strongest.
- Use a "broad spectrum" sunscreen that protects you from both types of harmful rays (UVA & UVB). *Apply sunscreen frequently and generously.*
- Wear a t-shirt and wide brimmed hat to shade your face, ears, and neck.
- Wear sunglasses with UV protection.
- Don't use sun lamps or go to tanning salons.



HAVE REGULAR CHECK-UPS. Ask your health provider about age specific cancer screening tests. When cancer does occur, **early detection** - a combination of regular self exams (skin, breast and testicular) and periodic, clinical examinations - and **treatment** saves lives.



WEST WINDSOR HEALTH DEPARTMENT
serving the communities of
West Windsor • Robbinsville • Hightstown

MERCER COUNTY: Non-Government Resources

Breast Cancer Resource Center (YWCA membership not required)

Princeton YWCA
59 Paul Robeson Place
Princeton NJ 08540
609-497-2100 ext. 349
www.ywcaprinceton.org/About_BCRC.cfm

Provides information and support to women and families affected by breast cancer and to increase breast cancer awareness in the community - services include community presentations, Helpline, resource library, support groups, prosthesis and wig boutique, wellness programs.

Catholic Charities

383 West State Street
Trenton, NJ 08607
(609) 394-3202 or (800) 360-7711
www.catholiccharitiestrenton.org

Services provided within Mercer County include: Addiction Treatment Services; Basic Needs Services; Children/Family Services; Counseling; Disaster Response; Domestic Violence Services; Housing and Residential Services; Immigrant Support Services; Mental Health and Recovery; Maternity and Adoption; Services for Seniors.

Cooperative Extension of Mercer County

930 Spruce Street
Trenton, NJ 08648
(609) 989-6835/6834
www.mgofmc.org/rutgers.html

Family and Community Health Science Department offers programs and materials on issues such as money management, food safety, nutrition, aging, housing, home environment, and other "life skills" topics.

Corner House

369 Witherspoon Street
Princeton, NJ 08540
(609) 924-8018
www.cornerhousenj.org

Provides substance abuse prevention and leadership programs, education and outreach, treatment (comprehensive substance abuse evaluations; individual, group, and family treatment services; early intervention program; adolescent treatment program), recovery support groups; drug court treatment program for adults.



HAVE A HEART ... STOP A KILLER!

Cardiovascular disease (CVD) is the Number 1 killer of Americans. Some risk factors such as age, race, sex, and family or personal medical history are uncontrollable. Other risk factors can be eliminated, or at least controlled, through healthy lifestyle choices.

- **STOP SMOKING.** Smoking is the single greatest **preventable** cause of death in the U.S.!
- **CONTROL HIGH BLOOD PRESSURE (hypertension).** Have your blood pressure checked once a year, more frequently if you already know you have hypertension. High blood pressure is a “silent killer”, often occurring without any noticeable symptoms.
- **CONTROL YOUR DIABETES.** Heart disease is more likely to strike someone with diabetes - and at an earlier age - than someone without diabetes.
- **STAY ACTIVE.** Regular exercise helps prevent high blood pressure, increases HDL (good cholesterol), lowers triglycerides, and helps control weight.
- **MAINTAIN A HEALTHY WEIGHT.** Being overweight increases your chances of having higher cholesterol & triglycerides, lower HDL, and contributes to hypertension & diabetes.
- **CHOOSE A HEALTHY DIET.**
 - ✓ Choose a diet lower in TOTAL fat. Replace part of the saturated fat from animal products with unsaturated fat from plant sources like oils and nuts.
 - ✓ Choose more complex carbohydrates (whole grain products, fruits and vegetables).
 - ✓ Limit your salt (sodium) intake.
- **TAKE YOUR MEDICATION.** When lifestyle changes aren't enough, your health care provider may prescribe blood pressure or cholesterol lowering drugs.
- Know the **WARNING SIGNS** of a heart attack:
 - ✓ Pressure, fullness, discomfort or squeezing in the center of your chest. It can last for more than a few minutes *or* can go away and come back.
 - ✓ Pain that goes to your shoulders, neck or arms.
 - ✓ Sweating, discomfort in your chest, and/or feeling lightheaded, faint or short of breath, sick to your stomach, even having back or jaw pain.
 - ✓ Like men, women's most common heart attack symptom is chest pain or discomfort. But women are some what more likely than men to experience shortness of breath, nausea or vomiting, and back or jaw pain.

A heart attack is an EMERGENCY - call 911. Starting treatment immediately can reduce your chance of permanent damage and increase your chance of recovery. If you can get the victim to a hospital quicker than the rescue squad can respond, drive him/her yourself. If you are having a heart attack or stroke, call **911** or have someone drive you to the hospital: **DO NOT** drive yourself.



WEST WINDSOR HEALTH DEPARTMENT
serving the communities of
West Windsor • Robbinsville • Hightstown

MERCER COUNTY: Non-Government Resources

Family Guidance Center

Behavioral Healthcare Services
2300 Hamilton Avenue
Hamilton, NJ 08619
(609) 587-6641
www.fgccorp.org

Substance Abuse Recovery Program
946 Edgewood Avenue
Trenton, NJ 08618
(609) 393-1626

Behavioral healthcare (mental health and psychiatric services); substance abuse recovery program; consumer credit counseling.

Mercer Council on Alcoholism and Drug Dependency

447 Bellevue Avenue
Trenton, NJ 08618
(609) 396-5874
www.mercercouncil.org

Substance abuse prevention programs, community education, advocacy, counseling, information and referrals.

Mercer County United Way

3150 Brunswick Pike, STE 230
Lawrenceville, NJ 08648-2420
211 (Toll-Free Non-Emergency helpline)
(609) 896-1912
www.nj211.org • www.uwgmc.org

Free 24-hour, confidential information and referral telephone service that connects people to health and human services, community resources and government assistance.

Hunterdon & Mercer County Regional Chronic Disease Coalition

Contact: Kristina Torok, Coordinator
(908) 237-2328
www.hunterdonhealthcare.org/cancercoalition

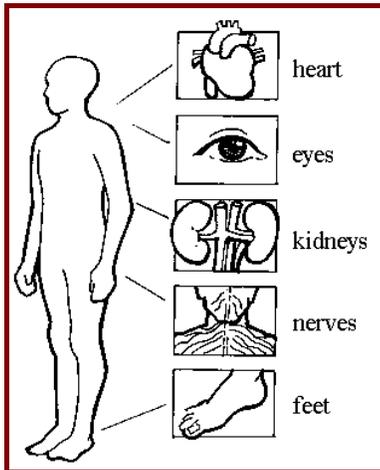
The Coalition establishes and maintains community-wide involvement in the planning, coordination, and implementation of cancer and chronic disease focused initiatives. These initiatives are achieved through partnerships in Hunterdon and Mercer Counties.

NAMI Mercer - National Alliance on Mental Illness

3371 Brunswick Pike
Lawrenceville, NJ 08648
(609) 799-8994 (HelpLine)
www.namimercer.org

Provides advocacy and outreach, education, support and information/resources to empower families and persons affected by with mental illness.

DIABETES ALERT!



Diabetes develops when the pancreas does not produce enough insulin, or the insulin can't be properly used. Insulin is the hormone that allows sugar and starches in food to be converted into usable energy. As a result, very high levels of sugar (glucose) remain in the bloodstream. High blood sugar will eventually damage the blood vessels in a diabetic's body, leading to eye, kidney and heart disease.

There are 20.8 million children and adults in the U.S. who have diabetes - nearly one-third (6.2 million people) are unaware that they have the disease.

Type 2 diabetes accounts for 90-95% of all diagnosed cases of diabetes. In some cases, there are no symptoms of diabetes, or the symptoms come on so gradually that they may not even be recognized.

DIABETES CANNOT BE CURED ... BUT IT CAN BE CONTROLLED

Prevention and early detection are important part of diabetes management.



FIND OUT IF YOU ARE AT RISK. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. Older adults, individuals with a family history of diabetes, women who have birthed a baby weighing more than 9 pounds, and anyone who is overweight and/or sedentary are also at increased risk.



LOSE A SMALL AMOUNT OF WEIGHT. The weight you think is normal for you may not be a healthy weight. You can prevent or delay type 2 diabetes by losing as little as 10 pounds.



EXERCISE. Choose an activity you enjoy ... then do it! Ask family members or friends to be active with you - dance to music, take a walk, ride your bikes, play tag, use a fitness DVD on a rainy day. Try to be active for 30 minutes a day on most days of the week to help you lose weight and stay healthy.



MAKE HEALTHY FOOD CHOICES. Choose more fruits and vegetables, fish, lean meats, whole grains, and low fat dairy products. Eat fewer fatty and fried foods. Serve smaller portions. Keep healthy snacks such as fruit in the house. Drink more water.



RECORD YOUR PROGRESS. Writing down everything in a diary is a useful way to stay focused and reach your goals. Make changes slowly, adding one new change each week. If you get off track, start again ... and keep going.



WEST WINDSOR HEALTH DEPARTMENT
serving the communities of
West Windsor • Robbinsville • Hightstown

MERCER COUNTY: Non-Government Resources

NUTRITION RESOURCES

Catholic Diocese of Trenton - Community Food Pantry

(609) 394-8847

The Crisis Ministry of Princeton - emergency food and financial assistance

(609) 921-2135

SENIOR NUTRITION (non-emergency)

Meals-on-Wheels (through Red Cross of Central NJ)

(609) 951-2120

Princeton HomeCare Services (a unit of Princeton HealthCare System)

208 Bunn Drive

Princeton, NJ 08540

(609) 497-4900

www.princetonhcs.org/default.aspx?p=4938

Provides comprehensive in-home nursing and rehabilitation, hospice care and support services. We offer temporary care for those recovering from surgery or short-term conditions, as well as extended care for individuals with chronic conditions or illnesses.

RISE - A Community Services Partnership

116 North Main Street, Hightstown, NJ 08520 ■ (609) 443-4464

Rise Food Pantry ■ 225 Franklin Street, Hightstown, NJ 08520 ■ (609) 443-4464

Greater Goods Thrift Store ■ 114 Rogers Avenue, Hightstown, NJ 08520 ■ (609) 448-2702

www.rise-community-services.org

Provides short-term emergency assistance, food pantry and free community dinners, counseling and support services. A diverse multilingual staff that can communicate in English, Spanish, Chinese, French, Creole and Romanian.

Womanspace

1860 Brunswick Avenue

Lawrenceville, New Jersey 08648

(609) 394-9000 (24 hours) ■ (888) 252-7233 (TTY users)

www.womanspace.org

Confidential emergency shelter, intervention, counseling and support for victims of domestic abuse or sexual assault; residential housing services; children's program; family court advocacy program. Speakers, community education and training programs.

ASK ME 3: BE A WISE HEALTH CARE CONSUMER

Everyone finds health information confusing at times. Asking questions helps you understand how to stay healthy or to get better.

You can ask questions when you see your health care provider or pharmacist, prepare for a medical test or procedure, and when you get your medicine.

You don't need to feel rushed or embarrassed if you don't understand something - ask as many times as you need to until you understand the answers.

TIPS FOR CLEAR HEALTH COMMUNICATION

- ✓ Check off the ones you will try:
- I will ask the 3 questions.
- I will bring a friend or family member to help me at my health care provider visits.
- I will make a list of all my health concerns to tell my health care provider.
- I will bring a list of all my medicines (prescription and over-the-counter) when I visit my health care provider.
- I will ask my pharmacist for help when I have questions about my medicines.



Good Questions
for Your
Good Health

Every time you talk with a doctor, nurse, or pharmacist, use the Ask Me 3 questions to better understand your health.

1

What is my main problem?

2

What do I need to do?

3

Why is it important for me to do this?



WEST WINDSOR HEALTH DEPARTMENT
serving the communities of
West Windsor • Robbinsville • Hightstown

NEW JERSEY (Statewide) RESOURCES

Anonymous HIV Testing & Counseling Sites (NJ AIDS/STD Hotline)

(866) 448-2432 • (800) 624-2377

www.state.nj.us/health/aids

CEED (Cancer Education & Early Detection) free breast, cervical, colorectal and prostate cancer screening for uninsured residents who meet financial criteria

(800) 328-3838

www.state.nj.us/health/cancer/njceed

Commission for the Blind & Visually Impaired

(877) 685-8878

www.state.nj.us/humanservices/cbvi/index.html

Department of Children and Families

(855) 463-6323

www.state.nj.us/dcf

Child Abuse/Neglect Reports

(877) 652-2873 • (800) 835-5510 (TTY)

Safe Haven for Infants

(877) 839-2339 (for distressed parents who wish to give up an unwanted infant anonymously, with no fear of arrest or prosecution)

Women's Referral Central

(800) 322-8092

Department of Environmental Protection

(866) 337-5669

www.state.nj.us/dep

Department of Health and Senior Services

(800) 367-6543

www.state.nj.us/health

Division of Addiction Services

(800) 238-2333 (Addictions Hotline)

www.state.nj.us/humanservices/das/home

Division of the Deaf & Hard of Hearing

(609) 984-7281 or (800) 792-8339 (Voice/TTY)

www.state.nj.us/humanservices/ddhh/index.html

10 PORTION CONTROL TIPS



The truth is, effective weight management is a matter of calories in ... calories out. While eating a low fat diet is healthier in general, weight management ultimately depends on limiting TOTAL calories. Portion control is the key.

- 1 BREAK DOWN LEFTOVERS.** Instead of using one large container, store leftovers separately in individually sized containers. That way, when you reach in the fridge for something to reheat, you can retrieve just enough for one helping.
- 2 SAY YES TO SALADS.** eat a salad before lunch or dinner to help curb your appetite and give you a sense of satiety (fullness) sooner.
- 3 SINGLE OUT TRIGGER FOODS.** It's difficult to stop eating (let alone keep track of) tortilla or potato chips straight out of the bag while watching your favorite TV program, so buy snack foods in single serving sizes or divide into smaller, individual baggies.
- 4 MASTER MINI MEALS.** Keep your blood sugar stable and control hunger by eating small, healthy meals throughout the day. Because you'll get never *too* hungry, mini meals will prevent impulse snacking and overeating at meals.
- 5 KEEP SECONDS OUT OF SIGHT.** Don't serve meals family-style. Keep serving dishes away from the table where it's easy to reach for seconds. It takes about 20 minutes to feel satiated, so taking a "breather" gives you a chance to decide if you're really hungry enough for another helping.
- 6 MAKE MEAT A SIDE DISH.** Treat meat or meat-based entrees as a side dish rather than the main part of your meal. By making veggies and healthy grains the main part of your meal, you'll feel full sooner and get extra vitamins and fiber.
- 7 MEET YOURSELF HALFWAY.** Make lunch a two-fer. At work, why not split take out with a buddy? At a restaurant, pack half of your meal before you even start eating ... and now you have dinner!
- 8 BE A KID AT HEART.** Order a Kid's Meal when you go to fast food places to automatically control portions (and save money!)
- 9 SET SERVING STANDARDS.** We are a "Super Size" society: learn to "eyeball" standard, healthy portion sizes.
- 10 TREAT YOURSELF.** Allowing yourself to have a forbidden food once in a while will keep you from feeling deprived, which can easily lead to overeating. Stop a binge before it starts ... indulge a craving BEFORE it gets out of hand!



WEST WINDSOR HEALTH DEPARTMENT
serving the communities of
West Windsor • Robbinsville • Hightstown

NEW JERSEY (Statewide) RESOURCES

Division of Developmental Disabilities

(800) 832-9173

<http://www.state.nj.us/humanservices/ddd/home>

Division of Senior Benefits

(800) 792-9745

www.nj.gov/health/seniorbenefits/paad.shtml

PAAD (Pharmaceutical Assistance to the Aged and Disabled) Certain prescription drugs and insulin at a reduced rate persons for permanently disabled or 65 years or older, who meet eligibility requirements

HAAAD (Hearing Aid Assistance to the Aged and Disabled) \$100 rebate with proof of purchase of a hearing aid for PAAD-eligible participants

Lifeline Assistance (utilities assistance to the Aged and Disabled) \$225 credit for PAAD-eligible participants that are homeowners or renters/tenants whose utilities are included in the rent

Division on Aging

(877) 222-3737

www.state.nj.us/health/senior

Supplemental Nutrition Assistance Program • SNAP (previously Food Stamps)

(800) 687-9512

<http://www.state.nj.us/humanservices/dfd/programs/njsnap>

Mental Health Association in New Jersey, Inc.

(800) 367-8850

www.mhanj.org

Rx4NJ (connects qualified NJ residents to discounted, or free, prescription medications)

(888) 793-6765

www.rx4nj.org

WIC Nutrition Program (provides supplemental nutritious foods to pregnant, breastfeeding and postpartum women, infants and children up to the age of five)

(866) 446-5942

www.state.nj.us/health/fhs/wic



STRESS MANAGEMENT TIPS

When we experience **STRESS**, our bodies produce more adrenaline (a stimulant). Too much stress can drain our supplies of essential nutrients, as well as reduce the body's ability to absorb essential nutrients efficiently. This can result in feelings of weakness, fatigue, and yes ... more stress! Try the following tips:

- Increase your intake of **BETA CAROTENE** (from Vitamin A), **VITAMIN C**, and the **B VITAMINS**. The adrenal glands (which produce adrenaline) use these vitamins during physical and emotional stress. Eat a variety of fresh fruits, vegetables and whole grains - especially citrus fruits like oranges and grapefruits and vegetables such as carrots, broccoli, kale, and sweet potatoes.
- Include more **COMPLEX CARBOHYDRATES** in your diet. Good sources are found in fruits and vegetables, peas, peanuts, beans and whole grain products.
- Choose low fat **PROTEIN** foods (lean red meat, skinless chicken, reduced fat dairy products, fish) and avoid processed meats, cream sauces and fried foods.
- Limit **CAFFEINE** and **ALCOHOL**. Like adrenaline, caffeine is a stimulant. Alcohol is a depressant and can aggravate stress, as well as interfere with restorative dream sleep.
- Avoid taking "megadoses" of **VITAMINS** and be careful with **HERBAL PRODUCTS** - neither will relieve your stress. Even though herbal supplements are "natural", they still affect your body like medicine.

STRESS? Everybody has it - the key is how you deal with it! Try these "self help" strategies to handle stress ... before it handles you!

SOOTH YOUR MIND

- Do a Reality Check ... and don't sweat the small stuff
- Take a Time-Out
- Set limits and priorities
- Create a support system
- Find a little humor ... every day

SOOTH YOUR BODY

- Don't smoke!
- Eat a healthy, low fat diet
- Limit alcohol and caffeine
- Get enough sleep
- Exercise

ON YOUR OWN

- Deep (belly) Breathing and Meditation
- Visualization/Guided Fantasy
- Progressive Muscle Relaxation



WE ALL NEED HELP SOMETIMES. It takes courage to ask for help and say you can't do it alone. Share your problems with friends and family. Use the resources in your community - your church or synagogue, private practitioners, or social service agencies.



WEST WINDSOR HEALTH DEPARTMENT
serving the communities of
West Windsor • Robbinsville • Hightstown

EMERGENCY PREPAREDNESS RESOURCES

American Red Cross

(609) 951-8550 (Central New Jersey Chapter)
www.redcross.org/nj/princeton
www.redcross.org

Centers for Disease Control and Prevention

(800) 232-4636
www.cdc.gov

New Jersey Department of Emergency Management

<http://www.state.nj.us/njoem/preparedness.html>

New Jersey Department of Health - Emergency Preparedness

www.state.nj.us/health/er/index.shtml

U.S. Department of Health and Human Services

www.phe.gov/emergency

U.S. Department of Homeland Security

www.ready.gov

IN AN EMERGENCY, THERE IS A NATURAL TENDENCY TO ASK “WHAT CAN I DO TO HELP?”

We know that major emergencies will overwhelm the capabilities of our first responders, especially during the first 12 to 72 hours. Medical and other volunteers can provide an important “surge” capacity during that critical period, filling in the gaps in emergency response plans to improve overall response capabilities. You can help!



West Windsor Community Emergency Response Team (CERT)

West Windsor Fire & Emergency Services
(609) 799-2400 • (609) 936-1424



Mercer County Medical Reserve Corps (MRC)

Mercer County Division of Public Health
(609) 989-6898

EMERGENCY PREPAREDNESS • 8 WEEK SHOPPING LIST

Prepare your home for emergencies in advance of any real threat. Shopping all at once for emergency supplies can be expensive and time consuming. Reduce stress by budgeting your purchases and avoiding long lines or empty shelves during an emergency.

WEEK 1 - FOOD

- Drinking water (1 gallon/person)
- Sandwich bread (freeze until needed)
- Energy snacks - granola bars, raisins, nuts
- Canned ready-to-eat soup & chili
- Dry cereals and crackers
- Canned or powdered milk, cans of juice
- Canned fruit, vegetables, fish and meat
- Peanut butter & jelly
- Instant coffee, tea or powdered drinks

WEEK 2 - STORAGE

- Large plastic zip bags
- Plastic wrap and aluminum foil
- Heavy duty garbage bags
- Coolers (keep a supply of ice in freezer)
- Assorted plastic containers with lids

WEEK 3 - HEALTH & FIRST AID

- Protective face masks labeled N-95
- Latex (or vinyl) gloves
- Hand sanitizer; disinfectant spray
- Antibiotic and cortisone creams/ointments
- Deodorant, toothpaste/toothbrushes, soap, shampoo
- First Aid Kit and Book

WEEK 4 - MEDICATIONS

- Extra supply of prescription medications
- Paper copy of your prescriptions
- Aspirin, ibuprofen or acetaminophen
- Anti-diarrhea medicine & rehydration fluids
- Thermometer
- Cough syrup, decongestant, antihistamine

WEEK 5 - CLEANING SUPPLIES & PAPER GOODS

- Manual can opener, matches, candles
- Disposable utensils, cups, plates
- Paper towels, toilet paper and tissues
- Liquid dish soap, detergent
- Extra sponges and rags
- Bleach: 1/4 cup of bleach + one gallon of water is an all-purpose disinfectant

WEEK 6 - COMMON TOOLS

- Crank operated flashlights, cell phone chargers, radio and lanterns
- Masking, duct and packing tapes
- Utility knife with extra blades, scissors
- Tools (screwdrivers, pliers, hammer, etc)
- Safety goggles, heavy work gloves

WEEK 7 - SMART SUPPLIES

- Video, digital or disposable camera
- Notepad and pens
- Assorted safety pins, sewing kit items
- Several gallons of water to flush toilets
- Fire extinguisher(s)

WEEK 8 - SPECIAL ITEMS

- Foods or medical supplies for family members with special needs
- Extra hearing aid batteries
- Items for denture care
- Spare glasses, contact lenses, solution
- Baby supplies
- Pet supplies, vaccination papers, carrier
- Games, activities, books

- ✓ Create a Family Action Plan ... make sure everyone understands what to do.
- ✓ Compile a family contact directory with home, work and cell telephone numbers.
- ✓ Establish emergency contacts outside of your immediate family.
- ✓ Put aside money equal to a few weeks' finances. Put important documents in a portable container.



HEALTH CARE FACILITIES

In addition to direct health care, hospitals and health centers offer a wide variety of free or low-cost community education programs and health screenings, either at the hospital, a satellite facility, or in the community. These programs are offered intermittently or on a demand basis.

HOSPITALS

Carrier Clinic - Mental and Behavioral Health Center (psychiatric inpatient hospitalization; residential and outpatient services; free mental health programs and groups)

252 County Road 601, Belle Mead, NJ 08502

(800) 933-3579

www.carrierclinic.org

Capital Health System

(609) 537-7081 (Diabetes Education)

(609) 537-7300 (Stroke and Cerebrovascular Center of New Jersey)

(609) 303-4244 (Center for Oncology [cancer])

(609) 394-6699 (Cardiovascular Fitness and Rehabilitation Center)

www.capitalhealth.org

Capital Health Regional Medical Center

750 Brunswick Avenue, Trenton, NJ 08638

(609) 394-6000

Capital Health Medical Center - Hopewell

One Capital Way, Hopewell, NJ 08534

(800) 637-2374

Satellite Emergency Department at Capital Health - Mercer

446 Bellevue Avenue, Trenton, NJ 08618

(609) 394-4000

Hamilton Outpatient

1401-1445 Whitehorse-Mercerville Road

Hamilton Township, NJ 08619

(609) 588-5050

Deborah Heart and Lung Center

200 Trenton Road

Browns Mills, NJ 08015

(609) 893-6611

www.deborah.org

HEALTH CARE FACILITIES

Princeton HealthCare System

One Plainsboro Road

Plainsboro, NJ 08536

(866) 460-4776 (Main Number)

(888) 742-7496 (Physician Referral Number - English/Español)

www.princetonhcs.org

University Medical Center of Princeton at Plainsboro

Call the Physician Referral Number Centers for Cancer Care, Critical Care, and Neuroscience Care

(609) 853-7885 (Center for Cardiac and Pulmonary Care)

(609) 853-7890 (Diabetes Management Program)

(888) 897-8979 (Community Education & Outreach)

Bristol-Myers Squibb Community Health Center

(609) 853-7600

Princeton Rehabilitation

(609) 853-7800 (Acute Inpatient Services); (609) 853-07840 (Outpatient Network)

Princeton Fitness & Wellness Center

(609) 683-7888

Princeton Behavioral Health

(800) 242-2550 (Inpatient Services); (888) 437-1610 (Outpatient Services)

Robert Wood Johnson University Hospital - Hamilton

One Hamilton Health Place

Hamilton, NJ 08690

(609) 586-7900 (Main Number) for all services including Cancer Center; Primary Stroke Center; Diabetes Care and Self Management

(609) 584-5900 (Community Services; Physician Referral)

www.rwjhamilton.org

St. Francis Medical Center

601 Hamilton Avenue

Trenton, NJ 08629

(609) 599-5000 (Main Number)

(888) 655-7362 (The Heart Hospital)

(609) 771-6983 (Ewing Clinic); (609) 588-4980 (Hamilton Clinic)

(609) 599-5792 (Stroke Center)

(609) 599-5183 (Mental Health); (609) 599-6436 (C.A.R.E.S. Program for 5-14 year olds)

(609) 599-6464 (Community Outreach)

www.stfrancismedical.org

HEALTH CARE FACILITIES

HEALTH CENTERS and CLINICS

Henry J. Austin Health Center

(Federally Qualified Health Center provides comprehensive primary health, oral and mental health/substance abuse services to persons. Services are offered to all persons regardless of ability to pay; fees are on sliding-fee scale that is based on patients' family income and size)

(609) 278-5900

www.henryjainstin.org

321 North Warren Street (main site)
Trenton, NJ 08618

317 Chambers Street
Trenton, New Jersey 08609

112 Ewing Street
Trenton, New Jersey 08609

HiTops

Teen Health Clinic & Education Center

(Serving adolescents 13-26)

21 Wiggins Street

Princeton, New Jersey 08540

(609) 683-5155

www.hitops.org

NJ CEED

(Cancer Education & Early Detection for breast, cervical, prostate, and colorectal cancer)

Shiloh Community Development Corp.

416 Bellevue Ave. - Suite 201

Trenton, NJ 08618

(609) 989-0236

Planned Parenthood Association of Mercer County

(Routine gynecological care; birth control; emergency contraception [morning-after pill]; walk-in pregnancy testing and options counseling; 5-13.6 week abortion; STD testing/treatment; rapid HIV testing; education programs; bilingual-español staff)

(609) 599-4881

www.ppmrcer.org

Trenton Health Center - Units 1 and 2
437 East State Street
Trenton, NJ 08608

Hamilton Health Center
2279 State Highway 33

Golden Crest Corporate Center -
Suite 510

Hamilton Square, NJ 08690

The College of New Jersey
2000 Pennington Road - Eickhoff Hall
Ewing, NJ 08628

ANTIBIOTIC RESISTANCE ... A Growing Threat

Since penicillin became available in the 1940's, antibiotics have been the cornerstone of infectious disease control and treatment.

NEVER TAKE ANTIBIOTICS FOR A VIRAL INFECTION. Bacteria and viruses are the two main pathogens (germs) that cause most infections. Antibiotics can only cure illnesses caused by bacteria ... they cannot kill viruses.

Each time we take antibiotics, sensitive bacteria are killed, but a few resistant ones are left to grow and multiply, passing their resistance to future generations of the mutated bacteria. These bacteria become immune to the effect of antibiotics, becoming *antibiotic* or *antimicrobial resistant*.

Common viruses cause most sore throats, colds and the flu, as well as coughs (bronchitis), many middle ear and sinus infections. Recovery from a viral illness only occurs when the infection has run its course. Tell your health care provider if the illness gets worse or lasts a long time, so she can re-evaluate the illness.

USE ANTIBIOTICS WISELY:

- Take medicine as prescribed by your doctor. ALWAYS take the full course of antibiotics, even if you are feeling better before the medicine is finished.
- Never save some of a prescription medication to treat yourself or others later.
- If your health care provider says you do not have a bacterial infection, do not demand that he give you a prescription for antibiotics.
- Antibiotics may alter the effectiveness of other medications, cause side effects or allergic reactions. Tell your doctor if you are taking any other medication, drink alcohol, have allergies or are pregnant.
- Antibiotics can kill most of the bacteria that are sensitive to them, including good bacteria in your digestive system. Yogurt with "live cultures" or taking acidophilus pills often minimize these side effects.



OVER-THE-COUNTER (OTC) RELIEF

Although no medication can cure the cold or flu, many OTC drugs can help relieve symptoms. Read labels carefully. Many medicines contain more than one medication - choose products that treat only the symptoms you have. Call your doctor before giving any medicine to a child.

- **ANALGESICS** relieve muscle aches and pains, and reduce fever.
- **ANTIHISTAMINES** relieve runny nose, sneezing, itching of the nose and throat, and watery eyes due to allergies.
- **DECONGESTANTS** shrink the nasal passages and reduce congestion.
- **EXPECTORANTS** work by thinning mucus so that it can more easily be coughed up.
- **ANTITUSSIVES** are cough suppressants that work by quieting a cough. They are recommended for dry (non-productive) coughs where you are not producing mucus.



WEST WINDSOR HEALTH DEPARTMENT
serving the communities of
West Windsor • Robbinsville • Hightstown

HELPLINES

211 • NON-EMERGENCY HELPLINE

www.nj211.org

Information and Referral Services - Mercer County United Way

- Available 24/7 - Calls are free and confidential
- Easily accessed by any landline or cell phone
- Multi-lingual / TTY / TTD

Addictions Hotline	(800) 238-2333
Alcoholics Anonymous (Central Jersey Intergroup)	(609) 298-7795
AIDS/HIV & STDs: New Jersey Hotline	(800) 624-2377
Hyacinth AIDS Hotline	(800) 433-0254
American Diabetes Association	(800) 342-2383
American Lung Association	(800) 586-4872
American Liver Foundation	(800) 465-4837
American Red Cross (Central NJ Chapter)	(609) 951-8550
Asthma and Allergy Foundation of America	(800) 727-8462
Auto Safety Hotline	(888) 327-4236
CANCER: American Cancer Society	(800) 227-2345
CancerCare (free support services)	(800) 813-4673
National Cancer Institute	(800) 422-6237
CARDIOVASCULAR DISEASES: American Heart Association	(800) 242-8721
American Stroke Association	(888) 478-7653
Catastrophic Illness in Children Relief Fund	(800) 335-3863
Centers for Disease Control and Prevention (CDC) Information Line	(800) 232-4636
Child Abuse Reporting Hotline	(877) 652-2873
Consumer Product Safety Commission	(800) 638-2772

ADDING EXERCISE ... IT'S EASIER THAN YOU THINK!

- Exercise for 15 minutes on most days of the week - **ARE YOU CRAZY?** I can't exercise because ...
- between work, family, and all my other demands, I'm just too busy.
- by the end of a long day, I'm just too tired to exercise.
- my weight is fine, so I don't need to exercise.
- I already have a health problem - diabetes, heart disease, asthma, arthritis - that I don't want to make worse than it already is.
- Window shop on all levels of the Mall.
- Take the stairs instead of the elevator or escalator.
- Park in the far side of the parking lot.
- Walk in place while watching your favorite TV show. Get up during the commercials and stretch.
- Meet a friend for lunch at a restaurant within walking distance.

Sound familiar? If adding exercise to our lives was easy, EVERYONE would do it!

Here's a tip: look for small ways to be energy "**in-efficient**" throughout your day. We're all focused on saving time by doing everyday activities in the most efficient way possible. Start to notice opportunities to exercise (move) that are hidden in your daily activities.

WALK. Walking is safe, easy and already a part of our everyday lives. Invest in a stepometer (a pedometer that counts steps instead of measuring distance). A mile is about 2,000 steps. It doesn't matter how many steps you're taking now - the goal is to increase your steps a little each day until you've reached 10,000 a day, or about five miles of walking.



- Pace around the house while talking on the phone - use a headset for comfort.
- Skip the drive-thru window and walk into the bank or restaurant.

Of course, there are more efficient ways to add at least 15 minutes of exercise to your life ... all at one time. The benefits of exercise are cumulative: the most you move, the better you'll feel!

- Have some fun with your kids. Dance, take a walk, ride your bikes, play tag, use a fitness DVD.
- Walk around the high school track 4 times - that's about 2,000 steps. Or take a walk around your neighborhood before work or after dinner.
- Don't delegate routine chores to others. Do yard work, wash the car, vacuum, mop the floor, walk the dog - that way tasks get completed and you've done your exercise for the day.
- Make a "date" with a friend or co-worker to exercise. A commitment to someone else will help keep you both on track and motivated.

Talk with your health care provider before beginning any exercise program if you have a preexisting medical condition or have been sedentary.



WEST WINDSOR HEALTH DEPARTMENT
serving the communities of
West Windsor • Robbinsville • Hightstown

HELPLINES

DOMESTIC VIOLENCE: Statewide Hotline	(800) 572-7233
Womanspace	(609) 394-9000
FamilyCare (health insurance)	(800) 701-0710
Family HelpLine (resource for stressed parents)	(800) 843-5437
Juvenile Diabetes Research Foundation	(800) 533-2873
Legal Services Hotline	(888) 576-5529
MEDICATION ASSISTANCE: Mercer County Drug Savings Card	(609) 989-6852
Pharm. Assistance for Aged & Disabled (PAAD)	(800) 792-9745
Rx4NJ (Partnership for Prescription Assistance)	(888) 793-6765
MENTAL HEALTH: PESS (24 hour Psychiatric Emergency Hotline)	(609) 396-4357
Postpartum Mood Disorders	(800) 328-3838
2 ND Floor Youth HelpLine	(888) 222-2228
National Suicide Prevention LifeLine	(800) 784-2433
NJ Department of Health and Senior Services	(800) 367-6543
NJ Poison and Information System	(800) 222-1222
NJ Self Help Group Clearinghouse	(800) 367-6274
NJ QuitNet (smoking cessation education, counseling, referral)	(866) 657-8677
OLDER ADULTS: AARP (American Association of Retired Persons)	(888) 687-2277
Alzheimer's Association	(800) 272-3900
Medicare	(800) 633-4227
National Institute on Aging	(800) 222-2225
Office on Aging (NJ EASE)	(877) 222-3737
Safe Haven for Infants	(877) 839-2339
Social Security Administration	(800) 772-1213
WIC (Women, Infants & Children) Supplemental Nutrition Program	(800) 328-3838

FIVE STEPS TO SAFER HEALTH CARE



ASK QUESTIONS IF YOU HAVE ANY DOUBTS OR CONCERNS.

Ask questions and make sure you understand the answers. Choose a doctor you feel comfortable talking to. Take a relative or friend with you to help you ask questions and understand the answers.



KEEP AND BRING A LIST OF ALL THE MEDICINES YOU TAKE.

Give your doctor and pharmacist a list of all the medicines that you take, including non-prescription medicines. Tell them about any drug allergies you have. Ask about side effects and what to avoid while taking the medicine. Read the label when you get your medicine. Make sure your medicine is what the doctor ordered and know how to use it.



GET THE RESULTS OF ANY TEST OR PROCEDURE.

Ask when and how you will get the results of tests or procedures. Don't assume the results are fine if you do not get them when expected, be it in person, by phone, or by mail. Call your doctor and ask for your results. Ask what the results mean for your care.



TALK TO YOUR HEALTH CARE PROVIDER ABOUT WHICH HOSPITAL IS BEST FOR YOUR HEALTH NEEDS.

Ask your doctor about which hospital has the best care and results for your condition if you have more than one hospital to choose from. Be sure you understand the instructions you get about follow-up care when you leave the hospital.



MAKE SURE YOU UNDERSTAND WHAT WILL HAPPEN IF YOU NEED SURGERY.

Make sure you, your doctor, and your surgeon agree on exactly what will be done during the operation. **Ask your doctor:** Who will manage my care when I am in the hospital? **Ask your surgeon:** Exactly what will you be doing? What will happen after the surgery? **Tell the surgeon, nurses and anesthesiologist** about any allergies, bad reaction to anesthesia, and any medications you are taking.

Adapted from US Dept. of Health & Human Services, American Medical Assn. and American Hospital Assn., 8/03



WEST WINDSOR HEALTH DEPARTMENT
serving the communities of
West Windsor • Robbinsville • Hightstown

WEBSITE DIRECTORY

**** These websites have a link to a separate spanish (español) webpage**

AIDS/HIV & STDs: American Sexual Health Association	www.ashastd.org
Hyacinth AIDS Foundation	www.hyacinth.org
CANCER: American Cancer Society	www.cancer.org **
CancerCare (free support services)	www.cancercare.org **
National Cancer Institute	www.cancer.gov **
CARDIOVASCULAR DISEASES: American Heart Association	www.americanheart.org **
American Stroke Association	www.strokeassociation.org **
American Lung Association	www.lungusa.org **
American Liver Foundation	www.liverfoundation.org
Asthma and Allergy Foundation of America	www.aafa.org **
Auto Safety Hotline	www.nhtsa.dot.gov
Centers for Disease Control and Prevention (CDC)	www.cdc.gov **
Consumer Product Safety Commission	www.cpsc.gov **
DIABETES: American Diabetes Association	www.diabetes.org **
Juvenile Diabetes Research Foundation	www.jdrf.org
EMERGENCY PREPAREDNESS: American Red Cross	www.redcross.org **
Centers for Disease Control	www.emergency.cdc.gov **
NJ Dept. Health/Senior Services	www.state.nj.us/health/er
Ready America	www.ready.gov **
FamilyCare (health insurance)	www.njfamilycare.org **
Food and Nutrition Information Center	www.nal.usda.gov/fnic
Immunization Action Coalition	www.immunize.org
March of Dimes	www.marchofdimes.com
MEDICATION ASSISTANCE: RxAssist	www.rxassist.org
Rx4NJ	www.rx4nj.org **
Mercer County Prescription Savings	www.state.nj.us/mercer/ home/wellnessdiscount

WEBSITE DIRECTORY

Men's Health	www.menshealthnetwork.org
Mental Health America	www.nmha.org **
OLDER ADULTS: AARP	www.aarp.com **
Alzheimer's Association	www.alz.org **
National Institute on Aging	www.nih.gov/nia **
SEARCH ENGINES: Healthfinder	www.healthfinder.gov **
National Library of Medicine	www.medlineplus.gov **
SUBSTANCE ABUSE: Alcoholics Anonymous	www.nnjaa.org
Al-Anon Family Groups	www.al-anon.alateen.org
Mercer Council on Alcoholism and Drug Addiction	www.mercercouncil.org
NJ Department of Health and Senior Services	www.state.nj.us/health
NJ Poison and Information System	www.njpies.org
NJ Self Help Group Clearinghouse	www.njgroups.org
NJ Tobacco Quitnet	www.nj.quitnet.com **
Womanspace (domestic violence)	www.womanspace.org **
Women's Health	www.womenshealth.gov **



If you have been diagnosed with an illness and want more information, the internet is a good place to start. Always discuss your findings with your health care provider by using it as a basis for questions. Since there is no peer review to guarantee what you are reading is accurate or up-to-date, it is important to be a cautious consumer of online information.

- Some doctors offer online consultations, though it is difficult to know if their credentials are genuine. Only accept a diagnosis from a doctor who has seen you personally and has access to your medical records.
- Having prescriptions filled online can be economical and convenient, but don't assume you are getting bargain prices. Only purchase medication prescribed by your own physician, never from a cyber-pharmacist who may prescribe drugs without ever seeing the patient.
- Question any site that sells products, especially a product that claims to have a 100% cure rate. Be suspicious of claims of a "secret ingredient", "breakthrough", or "ancient remedy".
- Look for resources from government agencies and other organizations partnering with government agencies, news web sites, national voluntary, nonprofit and professional organizations, and universities or other educational institutions and libraries.