



## How Public Health Touches YOUR LIFE EVERY DAY!

In honor of National Public Health Week, April 4-10, 2016, the West Windsor Health Department would like to thank the West Windsor, Robbinsville, Hightstown employees, local businesses, residents and community members for supporting, celebrating, promoting and educating our community about Public Health. Our sincerest thanks to you!

Our residents can live longer and healthier, thanks to the efforts of federal, state and local public health agencies. Locally, the West Windsor Health Department strives to improve the health and well-being of our community. Through the effective, efficient use of resources, we engage, educate and investigate to promote health and prevent disease in ways that touches your daily life.

### 6:00AM



The alarm clock buzzes. You wake to the sound of garbage trucks rumbling down your street – just one of the many sanitation services you owe to public health. Your kids roll out of bed without smallpox, polio, or any other childhood diseases for which we have safe, effective vaccines.

### 6:30AM



Your mornings are rushed but you know the importance of a healthy breakfast, thanks to public health. Your whole grain breakfast cereal has a clear and accurate food label, your milk is pasteurized, and your eggs are salmonella-free.

### 7:30AM



You hop in the car and automatically fasten seatbelts, the result of a successful public health campaign that saves more than 13,000 lives each year.

### 7:50AM



After dropping your children off at school, you drive to work. As you enter, you notice that a “Smoke-free” sign has been posted, thanks in part to the work of tobacco health educators and their technical assistance to community coalitions. For years, public health has been educating people about the deadly health effects of tobacco, second hand smoke.

### 12:00PM



You grab lunch at a restaurant that is inspected by the Health Department’s Environmental Health Specialists to protect you from food-borne illnesses.

### 1:15PM



You listen to the radio at work and hear a news story on local public health disease investigators who are tracking a Zika outbreak. Public health surveillance systems are in place to monitor local outbreaks regarding communicable disease, lead poisoning, etc. Public Health investigators respond quickly to protect the public’s health.

### 5:00PM



Another day ends. You start your car and the radio comes on. You hear a commercial telling parents to make sure their two year olds have all their shots. Public health nursing promotes early childhood immunizations to protect children from serious, crippling, and even fatal childhood diseases.

### 5:15PM



You pick up your children and head home. Your child shows you a sheet she received that provides tips for hand washing. Health educators provide educational presentations and materials in schools and in the community to promote healthy lifestyles and prevent risky behaviors.

### 6:30PM



You take your children to a neighborhood park to exercise, play and enjoy the fresh air, thanks to policies that support recreation, open space and walkability .

### 10:30PM



Time for bed and you drift off to sleep. Public health has touched the lives of your family in countless ways today, working behind the scenes to keep you safe and sound.

You are the public in public health every time you slather on sunscreen, strap on a bicycle helmet, wash your hands, or cover your cough. With your support we can continue to make our community a healthy, safe and vibrant place for everyone.

