

HEALTH MATTERS



Promoting Public Health

Bernards Township Health Department

January 2018

CRAZY-STRESSED

SAVING TODAY'S OVERWHEMED TEENS WITH
LOVE, LAUGHTER, AND SCIENCE OF RESILIENCE

Dr. Michael J. Bradley

High School Parents

January 31, 2018
7:00 p.m.
Ridge HS PAC
268 S. Finley Ave.
Basking Ridge, NJ 07920

Middle School Parents

February 1, 2018
7:00 p.m.
Bernards HS PAC
25 Olcott Ave.
Bernardsville, NJ 07924

Collaboration of Community in Crisis, Bernards
Municipal Alliance, PTOs and HSAs

Questions: info@communityincrisis.org

[PRINT FLYER](#)

FREE Rabies Clinics

All Dogs & Cats

No Appointment Necessary

Saturday, January 13, 2018

10 am - 12 pm

BT Dept Public Works

277 S. Maple Ave, Basking Ridge



[Print Flyer](#)



PROMOTE, PROTECT, PREVENT the FLU

Practice Social Distancing

Decrease contact between healthy and ill:

- Avoid Handshakes.
- Avoid the lunchroom rush, eat early or late.
- Substitute telephone or email for face-to-face meetings.
- Use larger conference rooms to spread out.
- Avoid using others' pens and pencils.
- Use a pencil or tissue when using common keyboards, touch pads or phones.
- Shift work hours to avoid commuter rush hours.

Influenza Precautions—Stop the Spread:

- Cover coughs and sneezes in your elbow, not your hands.
- If you cover your nose and mouth with a tissue, throw the tissue in the trash.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Alcohol cleaners and hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.
- Avoid close contact with people who appear unwell and have fever and cough.
- Wash your hands with soap and water thoroughly for at least 20 seconds after each contact with the ill person.

LEARN MORE:

<http://www.bernardshealth.org/SeasonalFlu.aspx>



Dog & Cat



[License Renewal](#)

By January 31, 2018

[Print Application](#)

January is National

[RADON](#)



Action Month

Testing Kits Available

\$10 per test kit

Pick up at: BT Health Dept.

[Learn More](#)

Bernards Township HEALTH Department
262 South Finley Ave.
Basking Ridge, NJ 07920

P. 908-204-2520

F. 908-204-3075

www.bernardshealth.org

The Bernards Township Health Department is the *contractual* health agency serving:
Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township,
Mendham Borough, and Peapack and Gladstone Borough.

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at health@bernards.org or 908.204.2520