



# HEALTH MATTERS



Promoting Public Health

Bernards Township Health Department



## Don't let a TICK make you SICK

Use insect repellent on skin/clothing  
Check children/pets after time outdoors

#TargetTicksNJ

<https://www.nj.gov/health/>  
**NJ Health**  
New Jersey Department of Health

[Click to Learn more...](#)

## Get Ready to Grill Safely

### Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.

### Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.

[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

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[Learn More at: www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

## 4<sup>th</sup> of July Safety for Your Dog and Cat

[Read This](#)

## HOW TO BE SAFE

### FIREWORKS

Each year, fireworks injure thousands and cause thousands of fires.

Fireworks cause an estimated **18,500** reported fires in the U.S. each year.

U.S. hospital emergency rooms saw an estimated 12,900 people for fireworks-related injuries in 2017.

**Fireworks Injuries by Body Part**

Eye	14%
Arm	6%
Hand or Finger	31%
Head, Face or Ear	22%
Trunk or Other	10%
Leg	17%

**Sparklers** alone account for more than one-quarter of emergency room fireworks injuries.

## Safe Drinking Water & Wells in Somerset County

[US Environmental Protection Agency & Private Wells](#)

## Homeowners Guide to Septic Systems

[Do Your Part... Be Septic Smart](#)

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F. 908-204-3075  
[www.bernardshealth.org](http://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](mailto:health@bernards.org) or 908.204.2520

**Don't Let a Tick  
Make You Sick**

[https://nj.gov/health/cd/  
topics/vectorborne.shtml](https://nj.gov/health/cd/topics/vectorborne.shtml)

**Get Ready for Grill Safety**

[http://www.cdc.gov/  
foodsafety](http://www.cdc.gov/foodsafety)

**Fireworks Safety**

[http://  
www.bernardshealth.org/  
hddocu-  
ments\Newsletter\Firework  
sSafetyTips.pdf](http://www.bernardshealth.org/hddocuments\Newsletter\FireworksSafetyTips.pdf)

**4th of July Safety for  
Your Cat and Dog**

[https://www.banfield.com/  
pet-healthcare/additional-  
resources/article-library/  
safety-tips/july-fourth-cat-  
dog-safety](https://www.banfield.com/pet-healthcare/additional-resources/article-library/safety-tips/july-fourth-cat-dog-safety)

**Safe Drinking Water &  
Wells in Somerset County**

[https://  
www.co.somerset.nj.us/  
government/public-health-  
safety/health-department/  
services/environmental-  
health/safe-drinking-water](https://www.co.somerset.nj.us/government/public-health-safety/health-department/services/environmental-health/safe-drinking-water)

**US Environmental  
Protection Agency &  
Private Wells**

[https://www.epa.gov/  
privatewells](https://www.epa.gov/privatewells)

**Homeowners Guide to  
Septic Systems**

[http://  
www.bernardshealth.org/  
hddocuments\Newsletter\septi  
cmn.pdf](http://www.bernardshealth.org/hddocuments\Newsletter\septicmn.pdf)

**Do Your Part...  
Be Septic Smart**

[http://  
www.bernardshealth.org/  
hddocu-  
ments\Newsletter\Septic%  
20Smart%20HO.pdf](http://www.bernardshealth.org/hddocuments\Newsletter\Septic%20Smart%20HO.pdf)