

# American Heart Month

ENGLEWOOD  
HEALTH  
DEPARTMENT

February 2025



## Let's Protect Our Hearts ❤️

February is American Heart Month, a time dedicated to raising awareness about heart disease—the leading cause of death in the United States. Heart disease affects individuals across all demographics, but certain groups may be at higher risk due to factors like genetics, lifestyle, and access to healthcare. It can lead to serious health issues such as heart attacks, strokes, and other cardiovascular complications.

Prevention is key to combating heart disease. Adopting heart-healthy habits can significantly reduce your risk. This includes engaging in precautionary measures that are both safe and healthy. By making lifestyle changes, individuals can improve their heart health and contribute to a healthier community. Take action to protect your heart by following these tips:

### Tips to Improve Heart Health

Get Enough Quality Sleep

Maintain a Healthy Weight

Be More Active

Stop Smoking

Control Cholesterol

Manage Blood Sugar

Manage Stress

Practice Self-Care & Find Social Support



## Get Enough Quality Sleep

- Try to aim for 7-9 hours of sleep
- Go to bed and wake up at the same time each day
- Avoid caffeine and nicotine



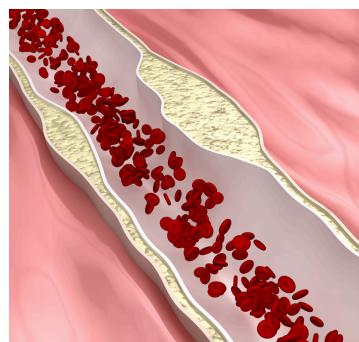
## Maintain a Healthy Weight

- Choose healthy snacks like fruits, vegetables and yogurt instead of sugary or high-calorie snacks
- Stay hydrated with water
- Read nutrition labels and choose food with the lowest fats, sodium and added sugars



## Be More Active

- Sit less
- Take the stairs
- Park farther away
- Take a walk
- If you don't have a lot of time in your day, try being active for 10 minutes at a time. The goal is to increase your heart rate!



## Stop Smoking

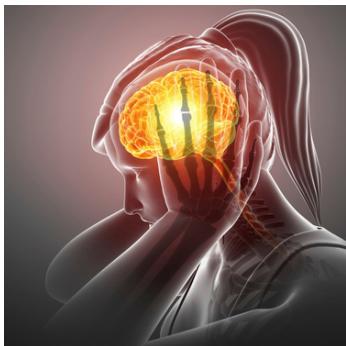
- Select a quit date and write yourself a contract that outlines your plan for quitting
- Talk with your healthcare provider about programs and products that can help you quit
- Call 1-800-QUIT-NOW and visit [smokefree.gov](http://smokefree.gov) to get additional support

## Control Cholesterol

- Eat a heart-healthy diet that is low in saturated fats, as these can raise LDL (good) cholesterol levels!
- Limit alcohol consumption. Drinking too much alcohol - more than two drinks a day for men or one drink a day for women - can raise your total cholesterol level

## Manage Blood Sugar

- Eat a diet rich in whole foods, including vegetables, fruits, whole grains, lean proteins and healthy fats
- Monitor your carbohydrate intake and choose complex carbohydrates such as whole grains and legumes to help control blood sugar levels



## Manage Stress

- Use relaxation techniques that combine breathing and focused attention on pleasing thoughts and images to calm the mind and body such as meditation



## Practice Self-Care

- Try to do at least one self-care activity each day
- Make a doctor's appointment you have been putting off



## Find Social Support

- Ask family and friends to text you reminders or encouragement to help you meet your health goals!

To learn more, visit:



National  
Institute of  
Health



American  
Heart  
Association



Centers for  
Disease  
Control &  
Prevention

## 2025 FREE Rabies Clinic



Englewood Health Department  
**2025 FREE RABIES CLINIC**  
Saturday, March 1st  
11 am - 1 pm  
Englewood Fire Department  
81 S. Van Brunt Street  
(rain date: March 15th)

**CATS & DOGS WELCOME**  
Vaccinations only, no licensing at this time

If your pet's vaccination expires BEFORE October 31, 2025 a booster vaccine is needed before license can be renewed

Englewood residents may schedule free rabies vaccinations by appointment only at:

Englewood Cliffs Veterinary PA  
34 Sylvan Ave, Englewood Cliffs, NJ 07632  
(201) 461-8651



## Food Handler courses



**Food Safety 101**

**LOCATION:** TO BE DETERMINED

**\$50** PER PERSON NON-REFUNDABLE

CLASSES IN ENGLISH AND SPANISH AVAILABLE

OUR 3-HOUR FOOD HANDLER CERTIFICATION COURSE COVERS:

- HANDWASHING
- PERSONAL HYGIENE
- PREPARATION
- PREVENTION OF FOOD BORNE ILLNESSES
- SAFE METHODS OF FOOD HANDLING
- STORAGE OF FOOD

AT THE END OF THE CLASS, AN EXAMINATION WILL BE ADMINISTERED TO RECEIVE YOUR 3 YEAR CERTIFICATE. THE COST OF THE 3-HOUR COURSE IS \$50.00\*\*. EXAMS AND PRESENTATIONS WILL BE AVAILABLE IN ENGLISH OR SPANISH. THERE WILL BE A RETURN CHECK FEE OF \$15.00

TO REGISTER AND FOR MORE INFORMATION, PLEASE CONTACT:

✉ PLEWIS@ENGLEWOODNJHEALTH.ORG  
(201) 568-3450 EXT. 510

✉ AOSMANN@ENGLEWOODNJHEALTH.ORG  
(201) 568-3450 EXT. 517

## Communicable Disease Corner

We're in the heart of flu season, which typically peaks between December and February. Annually flu causes around 9.3 million – 41 million illnesses, 120,000 – 710,000 hospitalizations and 6,300 – 52,000 deaths [CDC](#). As of Jan. 31, 2025, seasonal influenza activity remains high and continues to increase across the US; COVID-19 activity is elevated in many areas of the US; and RSV activity is declining in many areas of the US [CDC](#).

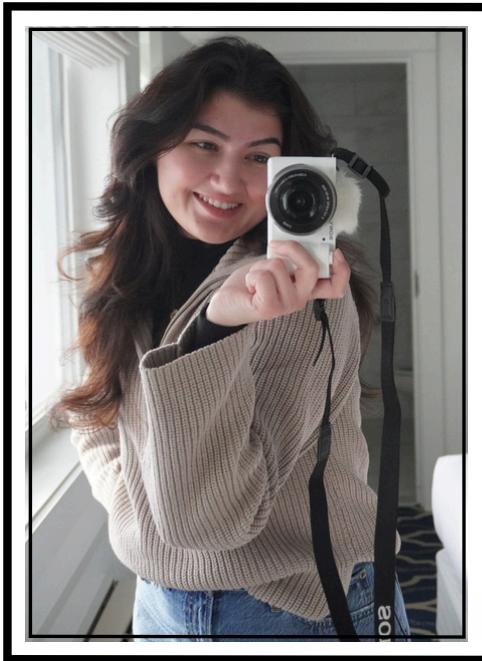


This winter, NOROVIRUS—which causes diarrhea and vomiting—has also been more common. Norovirus is extremely contagious; it spreads very easily and quickly. You can get norovirus from sick people and through contaminated food, water, or surfaces. People with norovirus shed billions of virus particles in stool and vomit, and the virus can survive on surfaces for days or even weeks. Norovirus can stay on food, countertops and serving utensils for up to two weeks, even at freezing temperatures and until heated to above 140F. Norovirus is notorious also because you can still spread it for two weeks or more after you feel better.

### How to Avoid Getting Sick

- The best way to protect yourself from the flu and COVID-19 is to get vaccinated. Both seasonal flu and COVID vaccines are recommended for nearly everyone over the age of six months.
- Whereas, RSV vaccine is recommended for everyone over the age of 75 and people over age 60 with increased risk of severe disease. Pregnant women between 32 and 36 weeks are also able to get the Pfizer RSV vaccine Abrysvo. Infants entering their first RSV season are eligible to get an injectable monoclonal antibody.
- Since there is no vaccine to protect against norovirus, your best bet is to wash your hands with soap and water for at least 20 seconds and clean and disinfect surfaces to help minimize the risk of catching or spreading norovirus.

[Verywell Health](#)



## Meet our newest team members, Bella & Nayzeth!

Hello! My name is Bella and I am the Executive Secretary/Sub-Registrar at the Englewood Health Department! My day to day involves assisting customers with obtaining certified copies of birth, marriage and death certificates. I absolutely love to read books, snowboard and make everlasting memories with my family and friends.

Fun fact: I have a 5 year old bunny named Maggie!



Hi, my name is Nayzeth, and I am a proud Englewood resident and graduate of the Academies at Englewood-BioMedicine. I am currently pursuing my Bachelor of Science in Public Health at Montclair State University graduating in May 2025, where I am a Presidential Scholar and Dean's List honoree. I am passionate about promoting community health and addressing health disparities through education and outreach. As an intern at the Englewood Health Department, I am excited to give back to the community that shaped me and to support local health initiatives that promote wellness for all.

Fun fact: I am also an intern ABA technician, providing therapy for children with Autism !

*Thank you for reading!*

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