HD Healthy News



2019 Summer

June, July, August

Congratulations Class of 2019





may the long time sun
shine upon you
all love surround you
and the pure light within you
guide your way on

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Serving the towns of: Bloomingdale, Florham Park, Kinnelon, Pequannock & Riverdale

Community Happenings





2:30 - 7pm EVERY TUESDAY

Glenburn 211 Hamburg Turnpike June – October





Florham Park Residents

June 21st is National Yoga Day!

Three Birds Yoga and the Florham Park Recreation Dept. will host a free yoga session on the Great Lawn of the Municipal Complex.

June 21, 2019 5-8PM

Great Lawn by the Gazebo

111 Ridgedale Ave

Contact

John Timmons

973-410-5390



Bloomingdale Borough Firework's Display

Saturday -June 22nd

Walter T Bergan School

**Raindate June 23rd

Pequannock Township Firework's Display

Friday- June 28th

Pequannock High School

**Raindate Saturday June 29th



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Fireworks safety month stresses that, although fireworks are fun and exciting way to celebrate our nation's freedom, they can be harmful or even deadly if not used properly. According to Fireworksafety.com, malfunction and careless use of fireworks result in nearly 10,000 injuries every year. More than 65 percent of all fireworks—related injuries occur during the month of July.

The following are some fireworks that are legal for consumers to purchase and use in some states. Just because they are legal doesn't mean they're safe!

Sparklers

Every year, young children can be found along parade routes and at festivals with sparklers in hand, but they are a lot more dangerous than most people think. Parents don't realize they burn at 2,000 degrees— hot enough to melt some metals. Sparklers can quickly ignite clothing, and many children have received severe burns from dropping sparklers on their feet.

Bottle Rockets

These small rockets are attached to a stick, lit by a fuse and typically fired from a bottle. Teens have been known to have bottle rocket wars, firing them at one another and causing chest, head and eye injuries.

Firecrackers

Firecrackers are designed to explode on the ground. They are often linked together by one long fuse and explode in a series. They are designed to be very noisy, but they also can cause burns and other serious injuries.

Roman Candles

Roman candles eject multiple exploding shells from a tube the user holds in his or her hand. There have been numerous reports of children losing fingers, severe burns and other

Injuries, which are sometimes caused when the device gets jammed.



Immunizations for Babies

At birth HepB

2 months HepB + DTaP + PCV13 + Hib + Polio + RV

4 months HepB2 + DTaP + PCV13 + Hib + Polio + RV

6 months HepB + DTaP + PCV13 + Hib3 + Polio + RV + Influenza

12 months MMR + DTaP + PCV13 + Hib + Chickenpox + HepA + Influenza

Did you know ??.....

The Health Department nurses can provide immunizations to Uninsured/ under insured children & adults.

Questions call—973-835-5700 Jean Vrablik RN x 109 Susan DeGraw RN x135



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