





# SPRING


March-May 2025

## Newsletter

### Our Location

 **Address:**  
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 **Phone Number:**  
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 **Operating Hours:**  
Monday-Friday  
• 8:30 AM-4:00 PM

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### Visit Our Website:



[www.NWBRHC.org](http://www.NWBRHC.org)

### Follow Us on Social Media!



NorthWest Bergen  
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Commission



@nwbrhc\_nj

### Upcoming Holidays & Observances:

- Daylight Savings Time: March 9
- First Day of Ramadan: March 28
- St. Patrick's Day: March 17
- Spring Begins: March 20
- Good Friday: April 18
- Easter: April 20
- Earth Day: April 22
- Cinco de Mayo: May 5
- Mother's Day: May 11
- Memorial Day: May 26



# Measles: Understanding the Risks, Symptoms, and Prevention

As we enter the spring traveling season, Northwest Bergen Regional Health Commission would like to remind residents to be sure they are current on all recommended vaccines. Effective and safe vaccines against several infectious diseases have long been available worldwide; however, vaccine-preventable diseases have risen in recent years.

Measles cases in the United States often originate from unvaccinated or under-vaccinated U.S. residents who travel internationally and then transmit the disease to people in the U.S. who are not vaccinated against measles.



## Across the U.S.

From January 1 to March 6, 2025, the CDC has been notified of 222 cases of measles across 12 jurisdictions in the U.S., including 3 outbreaks.

Two deaths have been reported (1 confirmed, 1 under investigation). There is an on-going outbreak occurring in Texas with spread to New Mexico.

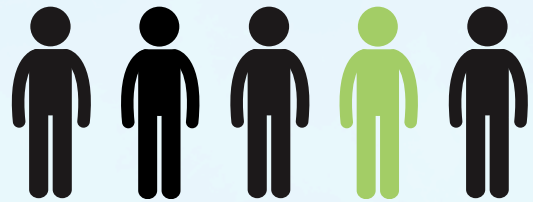
94% of the cases reported in the U.S. for 2025 are among children and individuals who had not received measles-mumps-rubella (MMR) vaccine or have unknown vaccination status.

In 2024, there were a total of 285 measles cases reported across the country.



## New Jersey

As of March 7, a total of 3 measles cases have been reported in NJ for 2025. A total of 7 measles cases were reported in NJ in 2024. There is no on-going community transmission of measles in NJ at this time.



About 1 in 5 people in the U.S. who get measles will be hospitalized. (CDC, 2020)

Source(s):  
Centers for Disease Control & Prevention,  
[www.cdc.gov/vaccines/vpd/measles/index.html](http://www.cdc.gov/vaccines/vpd/measles/index.html)  
NJ Department of Health,  
[www.nj.gov/health/cd/topics/measles.shtml#1](http://www.nj.gov/health/cd/topics/measles.shtml#1)



# Measles: Understanding the Risks, Symptoms, and Prevention

## Measles typically begins with:

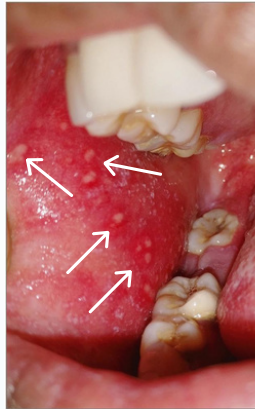
- High fever (may spike to more than 104°),
- Cough,
- Runny nose (coryza), and
- Red, watery eyes (conjunctivitis).

## How does measles spread?

- Measles spreads when an infected person coughs or sneezes.
- Infected people can spread measles to others from four days before through four days after the rash appears.
- Measles virus can live for up to two hours in an airspace after an infected person leaves an area.

### Source(s):

Centers for Disease Control & Prevention, [www.cdc.gov/vaccines/vpd/measles/index.html](http://www.cdc.gov/vaccines/vpd/measles/index.html)  
NJ Department of Health, [www.nj.gov/health/cd/topics/measles.shtml#1](http://www.nj.gov/health/cd/topics/measles.shtml#1)



## 2-3 days after symptoms begin:

Tiny white spots (Koplik spots) may appear inside the mouth two to three days after symptoms begin.



## 3-5 days after symptoms begin:

Three to five days after symptoms begin, a rash breaks out. It usually begins as flat red spots that appear on the face at the hairline and spread downward to the neck, trunk, arms, legs, and feet.



Small raised bumps may also appear on top of the flat red spots.

The spots may become joined together as they spread from the head to the rest of the body.

When the rash appears, a person's fever may spike to more than 104° Fahrenheit.



# Sippy Cups and Your Child's Teeth



Many training cups, also called sippy or tippy cups, are available in stores. Many are —no spill cups, which are essentially baby bottles in disguise.



This is an example of a “no spill” valve.

No spill cups include a valve beneath the spout to stop spills. However, cups with valves do not allow your child to sip. Instead the child gets liquid by sucking on the cup, much like a baby bottle. This practice defeats the purpose of using a training cup, as it prevents the child from learning to sip.

As soon as teeth appear in the mouth, decay can occur. One of the risk factors for early childhood caries (sometimes called baby bottle tooth decay or nursing mouth syndrome) is frequent and prolonged exposure of a baby's teeth to liquids, such as fruit juice, milk or formula, which all contain sugar.



## *DID YOU KNOW?*

Tooth decay can occur when a baby is put to bed with a bottle. Infants should finish their naptime or bedtime bottle before going to bed. Because decay can destroy the teeth of an infant or young child, you should encourage your children to drink from a cup by their first birthdays.

Article by:  
American Dental  
Association (ADA)





# Tick Control in the Yard

Landscaping to create tick-safe zones. Blacklegged ticks need high humidity to survive; they die quickly in drier environments.

Removing leaf litter and clearing tall grass and brush around houses and at the edges of lawns will reduce the numbers of ticks.

Placing wood chips or gravel between lawns or play areas and wooded areas creates a dry barrier that is difficult for ticks to cross. Fences can help keep deer away from homes.



**1 TICK ZONE**  
Avoid areas with forest and brush where deer, rodents, and ticks are common.

**2 WOOD CHIP BARRIER**  
Use a 3-ft. barrier of wood chips or rock to separate the "tick zone" and rock walls from the lawn.

**3 WOOD PILE**  
Keep wood piles on the wood chip barrier, away from the home.

**4 TICK MIGRATION ZONE**  
Maintain a 9-ft. barrier of lawn between the wood chips and areas such as patios, gardens, and play sets.

**5 TICK SAFE ZONE**  
Enjoy daily living activities such as gardening and outdoor play inside this perimeter.

**6 GARDENS**  
Plant deer-resistant crops. If desired, an 8-ft. fence can keep deer out of the yard.

**7 PLAY SETS**  
Keep play sets in the "tick safe zone" in sunny areas where ticks have difficulty surviving.

*Based on a diagram by K. Stafford, Connecticut Agricultural Experiment Station*

Source:  
Department of Health & Human  
Services, Centers for Disease Control



# Healthy Recipe: Spring Pea Pesto



## INGREDIENTS

- 2 cups peas, either frozen and thawed- or use fresh English peas (see notes)
- 1/2 cup packed mixed herbs mint, tarragon or dill
- Zest of one lemon
- 2 1/2 tablespoons lemon juice
- 1 tablespoon minced chives or green onion
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/8 cup olive oil

## INSTRUCTIONS

- In a food processor add peas, mixed herbs, lemon zest, lemon juice, chives (or green onion), salt, pepper and olive oil.
- Pulse for a few minutes until the peas break down but are still textured.
- Serve immediately or store in the fridge for 3 days.

## NOTES

- If using fresh English peas, blanch lightly in salted water, until vibrant and floating, strain and plunge into cold water.

## HOW CAN I USE PESTO?



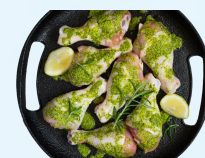
Pasta sauce



Spread on a sandwich



Pizza sauce



Marinade

Recipe from Feasting at Home



# Community Resources



## Bergen County Cancer Education and Early Detection (CEED) Program

- **Website:** [co.bergen.nj.us/public-health-nursing/cancer-education-and-early-detection-ceed](http://co.bergen.nj.us/public-health-nursing/cancer-education-and-early-detection-ceed)
- **Phone Number:** 201-634-2664



## Partnership for Maternal and Child Health of Northern New Jersey (PMCHNNJ)

- **Website:** [pmch.org](http://pmch.org)
- **Phone Number:** 973-268-2280



## Division of the Deaf and Hard of Hearing

- **Website:** [nj.gov/humanservices/ddhh/](http://nj.gov/humanservices/ddhh/)
- **Phone Number:** 800-792-8339



Check out our website for Community Health Education programs offered by NWBRHC!

## Bergen County Social Services Directory



English



Spanish



Korean



Polish

