



**Newsletter**

**June-August 2025**

### ***Our Location***



Address:  
201 Washington Crossing  
Pennington Road  
Titusville, NJ 08560



Phone Number:  
(609) 737-0120



Operating Hours:  
Monday-Friday  
8:30 AM-4:30 PM

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<https://www.hopewelltpw.org/162/Health>



Hopewell Township- Mercer  
County, Government



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### ***Holidays/Observances:***

***June 14*** – Flag Day

***June 15*** – Father's Day

***June 19*** – Juneteenth

***June 20*** – First Day of Summer

***July 4*** – Independence Day

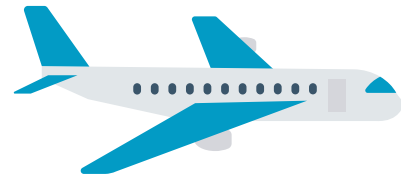
# Measles: What You Need to Know

As we enter the spring and summer travel season, the Hopewell Township Health Department 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 outbreaks are of particular concern in every region of the world. Several countries worldwide, including the United States, are experiencing an increase in measles cases. 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.

***We all need to do our part to protect the health and well-being of our communities by ensuring that every individual is up to date with their immunizations.***

Please contact your healthcare provider if you have questions about your vaccine status.



As of May 9, 2025, there are no known active measles exposure sites in New Jersey.

As of May 8, 2025, a total of 1001 confirmed measles cases have been reported by 31 states, including New Jersey.

There is no ongoing community spread in New Jersey. New Jersey has reported 3 cases in 2025 - all were part of a household outbreak in February.

In the United States, there have been 14 outbreaks (defined as 3 or more related cases) reported in 2025, and 93% of confirmed cases are outbreak-associated.





# Measles: What You Need to Know

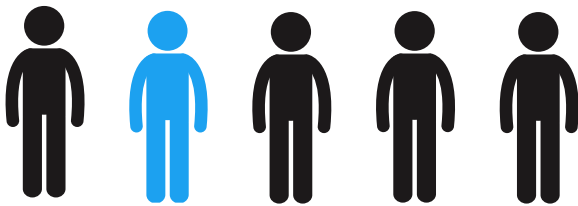
## ***How does measles spread?***

- 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.

**Anyone who suspects a measles exposure, or suspects they may have measles, should NOT visit any medical facility without calling ahead so special arrangements can be made while also protecting others.**

Measles typically begins with:

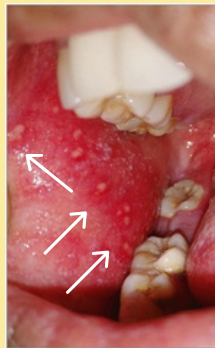
- High fever (may spike to more than 104°),
- Cough,
- Runny nose (coryza), and
- Red, watery eyes (conjunctivitis).



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

***For more information, please visit:***

[www.nj.gov/health/cd/topics/measles.shtml](http://www.nj.gov/health/cd/topics/measles.shtml)



### ***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.



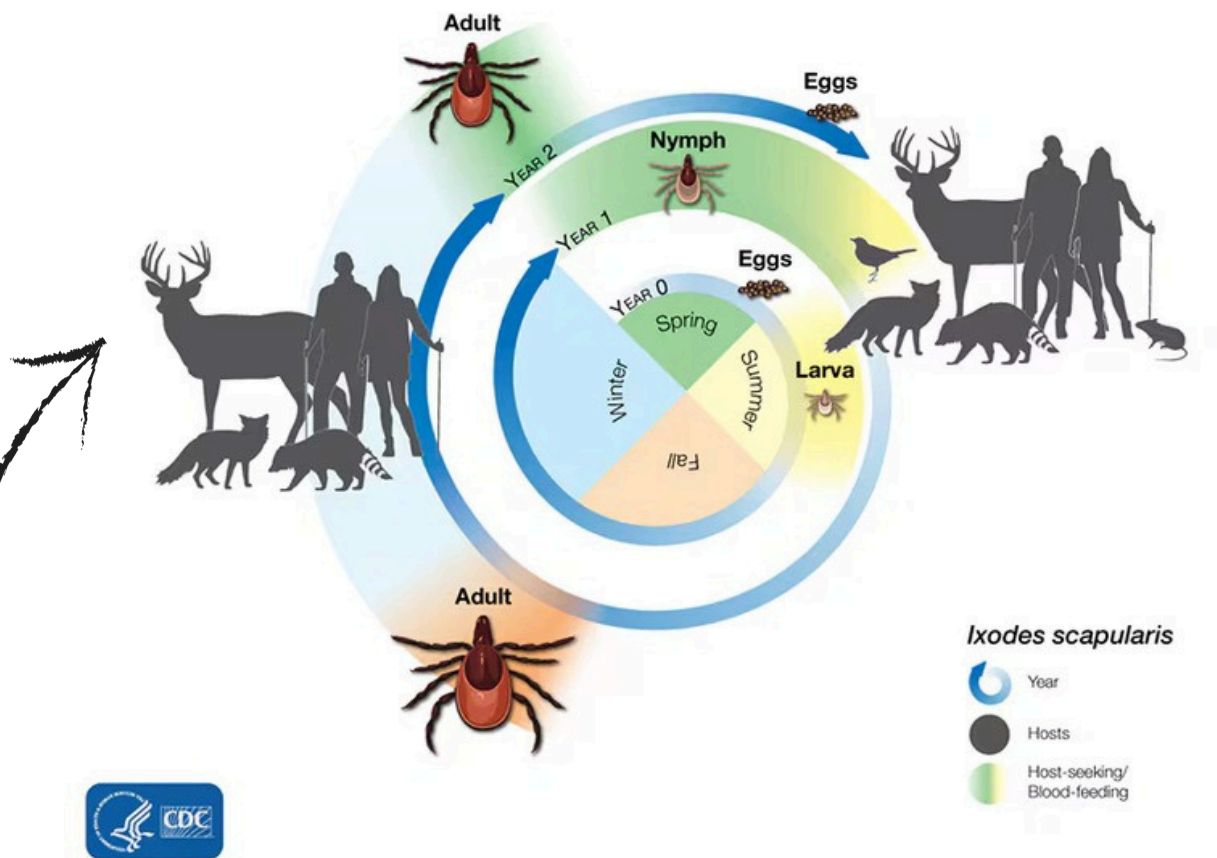
Small raised bumps may also appear on top of the flat red spots.

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.

# How Ticks Spread Disease

The lifecycle of *Ixodes scapularis* ticks (Blacklegged ticks) generally lasts **two** years. During this time, they go through four life stages: **egg, larva, nymph, and adult**. After the eggs hatch, the ticks must have a blood meal at every stage to survive. The ticks need a new host at each stage of their life.

Source: Center for Disease Control



Ticks can feed on mammals, birds, reptiles, and amphibians. Most ticks prefer to have a different host animal at each stage of their life.





# How Ticks Find a Host

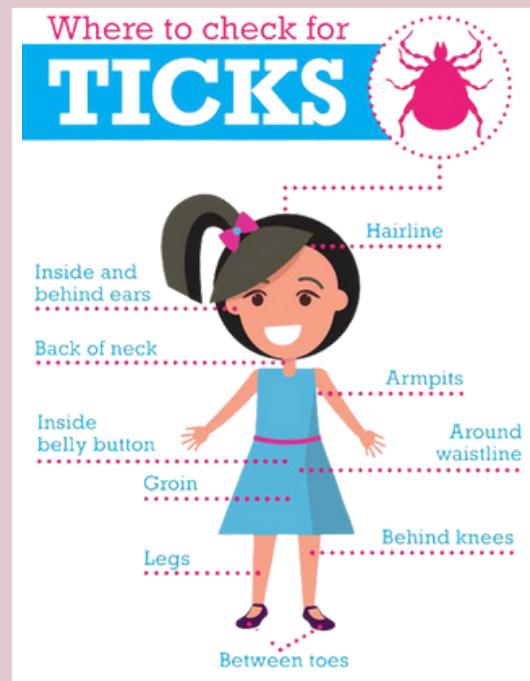
Ticks can find their prospective hosts by sensing body odors, body heat, moisture, and vibrations. In addition, ticks can't fly or jump. Instead, they pick a place to wait by identifying well-used paths, resting on the tips of grasses and shrubs. The waiting process is also known as "questing".



Typically, while questing, ticks will hold onto leaves and grass using their third and fourth pair of legs. Whereas their first pair of legs are stretched outwardly as they await to climb on a potential host that brushes past them.

Source: Center for Disease Control

Exposure to ticks can occur at any time of the year. However, ticks are most active during the spring and summer months.



It is important to note that ticks can attach quickly and will linger around hidden parts of the body. Conduct a full body check and focus on key areas such as in and around the ears, under the arms, and behind the knees.

Content source: Steward Today

**For information about tickborne disease, please visit:**  
[www.nj.gov/health/cd/topics/tickborne.shtml](http://www.nj.gov/health/cd/topics/tickborne.shtml)



# Understanding Bird Flu (H5N1)



Bird flu is a disease caused by infection with avian (bird) influenza (flu) Type A viruses.

The H5N1 subtype can be highly deadly in birds and is spreading globally among wild birds .



H5N1 bird flu spreads through direct contact with infected birds, their droppings, secretions, or contaminated surfaces. In rare cases, it can spread to humans through prolonged exposure to infected animals or their contaminated environment.



Currently, the risk to humans is low. There have been no human cases detected in New Jersey as of 5/13/2025.

**Report sick or dead wild birds to the New Jersey Department of Environmental Protection, Division of Fish and Wildlife (NJDEP) hotline at: 1-877-WARNDEP**

**DO NOT handle sick or dead wild birds!**

**If you suspect sick or dead poultry, DO NOT handle them!**  
**Contact the NJ Department of Agriculture's Division of Animal Health at 609-671-6400.**



**For more information about Bird Flu-H5N1, please visit:**

<https://www.nj.gov/H5N1/>

## **Prevention Tips:**

- Avoid direct contact with wild birds
- Wash your hands right away if you have contact with birds or other animals
- Keep pets away from wild birds, poultry, and cattle
- Avoid touching surfaces contaminated by sick birds or animals
- Do not touch or consume raw milk or raw milk products, especially from animals with confirmed or suspected avian influenza A virus infection
- Cook poultry, poultry products (including eggs), and beef to an appropriate temperature to kill bacteria and viruses including avian influenza viruses.





# Grilling Safety

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

## SAFETY TIPS

- » Propane and charcoal BBQ grills should only be used outdoors.
- » The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- » Keep children and pets at least three feet away from the grill area.
- » Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- » Never leave your grill unattended.
- » Always make sure your gas grill lid is open before lighting it.

## CHARCOAL GRILLS

- » There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- » If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- » Keep charcoal fluid out of the reach of children and away from heat sources.
- » There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- » When you are finished grilling, let the coals completely cool before disposing in a metal container.

## PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame goes out, turn the grill and gas off and wait at least **5 minutes** before re-lighting it.

## FACTS

- ! July is the peak month for grill fires.
- ! Roughly half of the injuries involving grills are thermal burns.



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards

Your Logo

[nfpa.org/education](https://www.nfpa.org/education) ©NFPA 2019

**Grills should not be cleaned using a metal wire brush. The metal wires can become dislodged and get embedded into the food which would pose a physical hazard if consumed.** Instead, clean grills with stone cleaning blocks, wooden scrapers, nylon-fiber brushes, scrapers with a single, rounded tip to clean rod-shaped grates, or even balled-up tin foil.

[https://www.enthealth.org/be\\_ent\\_smart/tips-for-safer-grilling-with-wire-bristle-grill-brushes/](https://www.enthealth.org/be_ent_smart/tips-for-safer-grilling-with-wire-bristle-grill-brushes/)

# Healthy Meal Idea:

## Watermelon Cucumber Salad



### ***Ingredients:***

- 8 cups cubed ripe seedless watermelon (1 8-pound watermelon)
- 2 organic mini cucumbers or ½ English cucumber (1 cup sliced)
- 2 ounces Feta cheese crumbles
- Zest of 1/2 lemon
- 4 basil leaves
- Sea salt, for garnish

### ***Instructions***

1. Chop the watermelon into cubes. Slice the cucumbers (if using an English cucumber, slice it into half moons). Chop the basil. Zest the lemon.
2. Arrange the watermelon and cucumbers on a platter. Sprinkle with feta crumbles, lemon zest, and sea salt. Taste and adjust flavors as desired. (If you'd like, you can add freshly ground black pepper or a drizzle of olive oil.) Serve immediately. If making ahead, refrigerate the cubed watermelon separately: it releases a lot of water after it is cut. Then assemble the salad directly before serving.

Recipe from: [www.acouplecooks.com](http://www.acouplecooks.com)





# Community Resources



## National Alliance on Mental Illness (NAMI) - Mercer County

- A non-profit organization dedicated to improving the lives of individuals and families affected by mental illness.
- **Website:** <https://namimercer.org/>
- **Phone Number:** (609) 799-8994
- **Crisis Phone Number:** (609) 396-4357



## HomeFront NJ

- Offers a comprehensive slate of programs designed to help families in economic crisis address whatever issues they are facing
- **Website:** <https://www.homefrontnj.org/>
- **Phone Number:** (609) 989-9417
- **Email:** [homefront@homefrontnj.org](mailto:homefront@homefrontnj.org)



## Younity

- A non-profit organization that provides a comprehensive array of services to individuals and families impacted by domestic and sexual violence.
- **Website:** <https://younitynj.org/>
- **Phone Number:** (609) 394-0136

Please visit [www.hopewelltpw.org/162/Health](http://www.hopewelltpw.org/162/Health) for upcoming events and resources offered by Hopewell Township Health Department!

## Hopewell Township Social Services Directory

