

# WINTER

# Newsletter



December 2023–February 2024

## Our Location:



**Address:**

20 West Prospect Street  
Waldwick, NJ 07463



**Phone Number:**

(201) 445-7217



**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 Regional  
Health Commission



@nwbrhc\_nj

## Upcoming Holidays & Observances:

- **Pearl Harbor Remembrance Day** - December 7
- **First Day of Hanukkah** - December 8
- **Winter Begins** - December 21
- **Christmas Eve** - December 24
- **Christmas Day** - December 25
- **First Day of Kwanzaa** - December 26
- **New Year's Eve** - December 31
- **New Year's Day** - January 1
- **Martin Luther King Jr. Day** - January 15
- **Groundhog Day** - February 2
- **Lunar New Year** - February 10
- **Valentine's Day** - February 14
- **Presidents' Day** - February 19

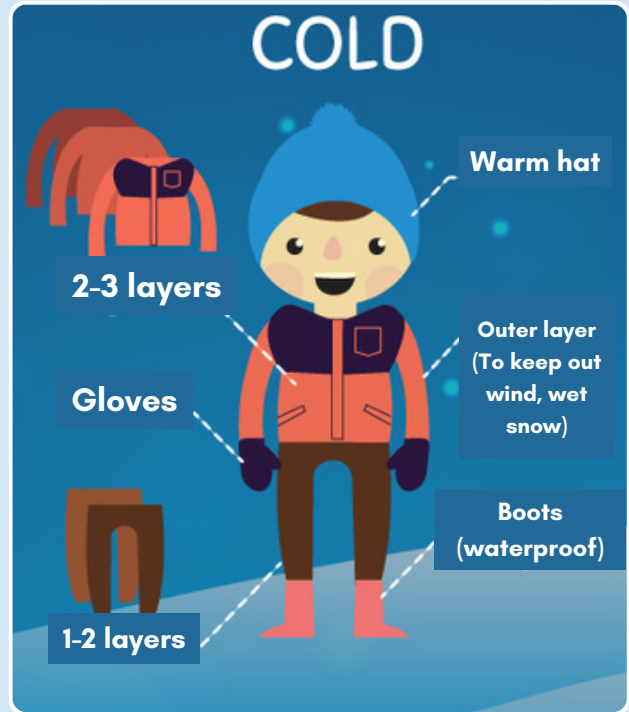


# Dressing for Winter Weather

## CHILLY



## COLD



## EXTREME COLD



# Leftovers: The Gift that Keeps on Giving

Holiday meals can be very large, so you will likely end up with leftovers to store and enjoy for a couple of days. To ensure that every serving remains safe, follow the guidelines below.



- **Remember to Refrigerate Within 2 Hours:**

- All perishable items should be refrigerated within two hours of coming out of the oven or refrigerator. Perishables are goods that spoil quickly and therefore have a short shelf life, such as milk, bread, fruit, and vegetables. After two hours, perishable food enters the Danger Zone (between 41°F to 135°F (5°C to 57°C) where bacteria can multiply quickly and cause the food to become unsafe. If foods have been left out for more than two hours, discard items to prevent foodborne illness.



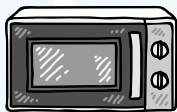
- **Use Small and Shallow Containers:**

- Store leftover food in small, shallow containers in the refrigerator or in the freezer for later use. Shallow containers help cool leftovers more quickly than storing them in large containers.



- **Freeze or Consume Within Four Days:**

- If you want to keep leftovers longer, freeze them within that four-day period to enjoy later. Frozen food stays safe indefinitely, though the quality may decrease over time. If you store leftovers in the freezer, they will be of best quality within two to six months. Reheat leftovers to an internal temperature of 165°F (74°C).



- **Microwave Food Safely:**

- When reheating in the microwave, cover and rotate the food for even heating. Arrange food items evenly in a covered microwave safe glass or ceramic dish and add some liquid if needed. Because microwaves have cold spots, check the internal temperature of the food in several places with a food thermometer after allowing a resting time. Cooking continues for a longer time in dense foods such as a whole turkey or beef roast than in less dense foods like breads, small vegetables and fruits.

Via [FoodSafety.gov](https://www.foodsafety.gov)



# COVID-19 Update

As you may be aware, New Jersey is experiencing an uptick in COVID-19 cases throughout the state.

Staying up-to-date on routine vaccinations is essential to prevent illness from many different infections. COVID-19 vaccination helps protect eligible people from getting severely ill with COVID-19.

**To view a QR code, open the Camera app on your phone.  
Hold your phone so that the QR code appears in the camera view.  
Tap the notification to open the link associated with the QR code.**

More information on vaccine eligibility and locations in New Jersey can be found at:



[www.covid19.nj.gov/pages/vaccine](http://www.covid19.nj.gov/pages/vaccine)



[www.vaccines.gov/](http://www.vaccines.gov/)

If you test positive for COVID-19, staying home for at least 5 days and isolating yourself from others in your home is recommended. For specific isolation and precaution guidelines, including an isolation and precautions calculator, please visit:



[www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html?mc\\_cid=0dc95d4030&mc\\_eid=1b218c641c](http://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html?mc_cid=0dc95d4030&mc_eid=1b218c641c)



# Protecting Yourself and Others from Norovirus

## Norovirus Illness: Key Facts

### Norovirus—the stomach bug

Norovirus is a highly contagious virus. Norovirus infection causes gastroenteritis (inflammation of the stomach and intestines). This leads to diarrhea, vomiting, and stomach pain.

Norovirus illness is often called by other names, such as food poisoning and stomach flu. Noroviruses can cause food poisoning, as can other germs and chemicals. Norovirus illness is not related to the flu (influenza). Though they share some of the same symptoms, the flu is a respiratory illness caused by influenza virus.



### Anyone can get norovirus illness

- Norovirus is the most common cause of acute gastroenteritis in the U.S.
- Each year, norovirus causes 19 to 21 million cases of acute gastroenteritis in the U.S.
- There are many types of norovirus and you can get it more than once.

### Norovirus illness can be serious

- Norovirus illness can make you feel extremely sick with diarrhea and vomiting many times a day.
- Some people may get severely dehydrated, especially young children, the elderly, and people with other illnesses.
- Each year, norovirus causes 56,000 to 71,000 hospitalizations and 570 to 800 deaths, mostly in young children and the elderly.

### Norovirus spreads very easily and quickly

- It only takes a very small amount of norovirus particles (fewer than 100) to make you sick.
- People with norovirus illness shed billions of virus particles in their stool and vomit and can easily infect others.
- You are contagious from the moment you begin feeling sick and for the first few days after you recover.
- Norovirus can spread quickly in enclosed places like daycare centers, nursing homes, schools, and cruise ships.
- Norovirus can stay on objects and surfaces and still infect people for days or weeks.
- Norovirus can survive some disinfectants, making it hard to get rid of.

### Norovirus can spread in many ways

Norovirus can spread to others by—

- having direct contact with an infected person, for example, touching an infected person while caring for them,
- eating food or drinking liquids that are contaminated with norovirus,
  - touching objects that have norovirus on them and then putting your fingers in your mouth, for example, touching a countertop that has vomit droplets on it and then putting your fingers in your mouth and
- sharing utensils or cups with people who are infected with norovirus.

### There's no vaccine to prevent norovirus infection and no drug to treat it

- Antibiotics will not help with norovirus illness because antibiotics do not work on viruses.
- When you have norovirus illness, drink plenty of liquids to replace fluid loss and prevent dehydration.
- If you or someone you are caring for is dehydrated, call a doctor.

National Center for Immunization and Respiratory Diseases  
Division of Viral Diseases



# Protecting Yourself and Others from Norovirus continued...



## What is the Right Way to Wash Your Hands?

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
3. Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under running water.
5. Dry your hands using a clean towel or air dry them.

See Handwashing: Clean Hands Saves Lives ([www.cdc.gov/handwashing/](http://www.cdc.gov/handwashing/))

## 5 Tips to Prevent Norovirus From Spreading

### 1. Practice proper hand hygiene

Always wash your hands carefully with soap and water—

- after using the toilet and changing diapers, and
- before eating, preparing, or handling food.

Alcohol-based hand sanitizers can be used in addition to hand washing. But, they should not be used as a substitute for washing with soap and water.

### 2. Wash fruits and vegetables and cook seafood thoroughly

Carefully wash fruits and vegetables before preparing and eating them. Cook oysters and other shellfish thoroughly before eating them.

Be aware that noroviruses are relatively resistant. They can survive temperatures as high as 140°F and quick steaming processes that are often used for cooking shellfish.

Food that might be contaminated with norovirus should be thrown out.

Keep sick infants and children out of areas where food is being handled and prepared.

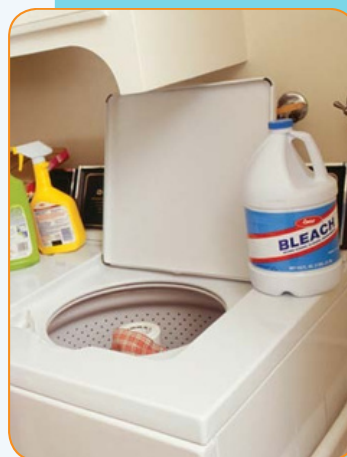


### 3. When you are sick, do not prepare food or care for others

You should not prepare food for others or provide healthcare while you are sick and for at least 2 to 3 days after you recover. This also applies to sick workers in schools, daycares, and other places where they may expose people to norovirus.

### 4. Clean and disinfect contaminated surfaces

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces. Use a chlorine bleach solution with a concentration of 1000–5000 ppm (5–25 tablespoons of household bleach [5.25%] per gallon of water) or other disinfectant registered as effective against norovirus by the Environmental Protection Agency (EPA).



### 5. Wash laundry thoroughly

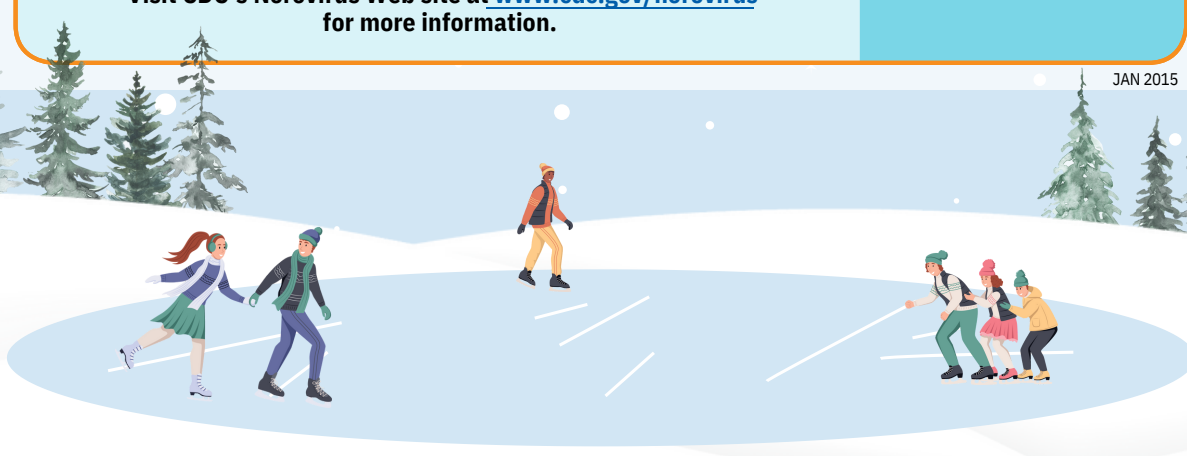
Immediately remove and wash clothes or linens that may be contaminated with vomit or stool (feces).

You should—

- handle soiled items carefully without agitating them,
  - wear rubber or disposable gloves while handling soiled items and wash your hands after, and wash the items with detergent at the maximum available cycle length then machine dry them.

Visit CDC's Norovirus Web site at [www.cdc.gov/norovirus](http://www.cdc.gov/norovirus) for more information.

JAN 2015



# White Chicken Chili



## Ingredients

- 2 1/2 cups shredded cooked rotisserie or left-over chicken
- 1 small yellow onion , diced
- 1 tbsp olive oil
- 2 cloves garlic , finely minced
- 2 (14.5 oz) cans low-sodium chicken broth
- 1 (7 oz) can diced green chilies
- 1 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp dried oregano
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper
- salt and freshly ground black pepper , to taste
- 1 (8 oz) pkg Neufchatel cheese (aka light cream cheese), cut into small cubes
- 1 1/4 cup frozen or fresh corn
- 2 (15 oz) cans cannellini beans
- 1 Tbsp fresh lime juice
- 2 Tbsp chopped fresh cilantro, plus more for serving
- Tortilla chips or strips, monterrey jack cheese, sliced avocado for serving (optional)

## Directions

1. Heat olive oil in a large pot over medium-high heat. Add onion and saute 4 minutes. Add garlic and saute 30 seconds longer.
2. Add chicken broth, green chilies, cumin, paprika, oregano, coriander, cayenne pepper and season with salt and pepper to taste. Bring mixture just to a boil then reduce heat to medium-low and simmer 15 minutes.
3. Drain and rinse beans in a fine mesh strainer or colander then measure out 1 cup. Set whole beans aside, transfer 1 cup beans to a food processor along with 1/4 cup broth from soup, puree until nearly smooth.
4. Add Neufchatel cheese to soup along with corn, whole beans and pureed beans and stir well. Simmer 5 - 10 minutes longer.
5. Stir in chicken, fresh lime juice and cilantro. Serve with Monterrey Jack cheese, more cilantro, avocado slices and tortilla chips if desired.

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



# Community Resources



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

- [www.namigreaterbergen.org/](http://www.namigreaterbergen.org/)
- Phone Number: 201-935-6264
- Crisis Phone Number (NJ HopeLine): (855) 654-6735



## Bergen HEARTS

- [www.co.bergen.nj.us/hearts-homeless-family-services](http://www.co.bergen.nj.us/hearts-homeless-family-services)
- Phone Number: 201-336-7474
- Bergen HEARTS assists individuals and families who are experiencing urgency with seeking shelter. This also includes individuals or families seeking to transition to a safe and secure living environment while overcoming any challenges they may face.



## Bergen Volunteer Medical Initiative (BVMI)

- [www.bvmi.org/](http://www.bvmi.org/)
- Phone Number: 201-342-2478
- The Bergen Volunteer Medical Initiative (BVMI) provides free (in-person and telehealth appointments) medical care to over 1,000 patients annually. This organization is comprised of over 75 volunteer healthcare professionals and highly trained nurse practitioners that can aid in catering to diverse patient populations within Bergen County.

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

## 2023 Bergen County Social Services Directory



English



Spanish



Korean



Polish

