

# Middle-Brook Regional Health Commission

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

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## November 2024 Newsletter

### Virtual Webinar: Everything you need to know about vaping



## BEYOND THE SMOKE:

VAPING, NICOTINE POUCHES, AND  
OTHER SMOKELESS TOBACCO PRODUCTS

### You're Invited

Tuesday,  
November 19 | 6 PM | Virtual  
Webinar

Join the Rutgers Cancer Institute of New Jersey and the Middle-Brook Regional Health Commission for a **one hour webinar** as we break down everything you need to know about the risks of vaping and other smokeless tobacco products.

- Unveil the truth about the dangers of vaping
- Stay Informed on the latest health risks
- Discover evidence-based tobacco cessation resources

#### Speaker:

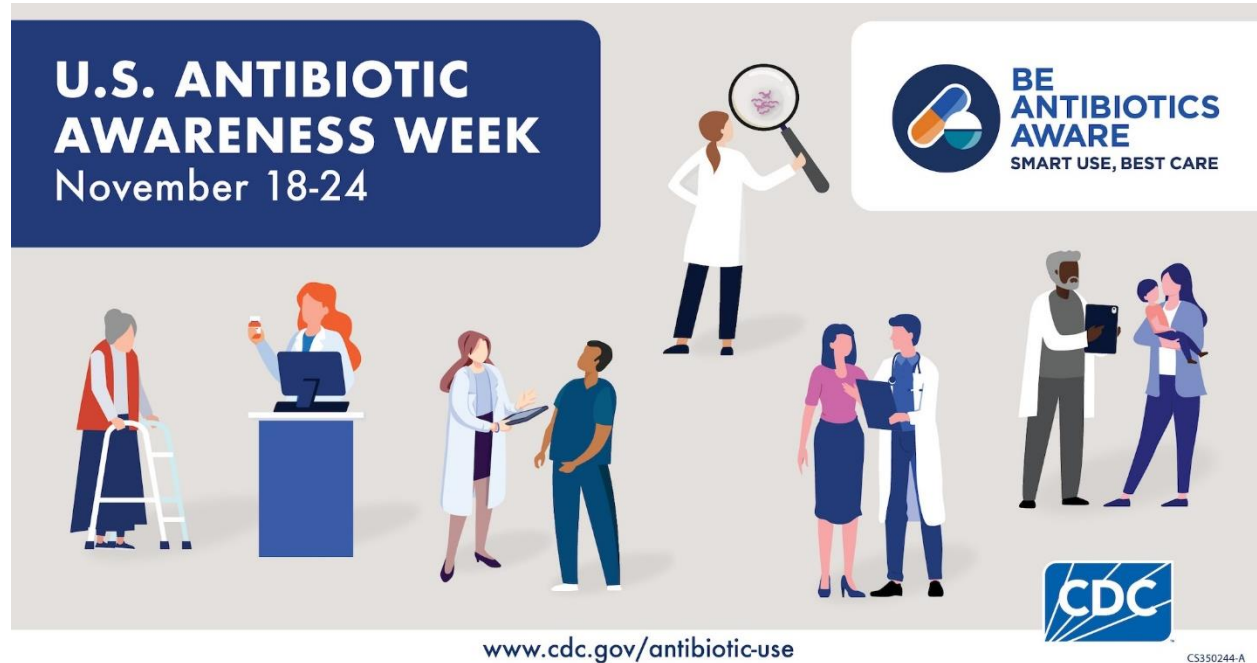
Monica J. Gilles, MAS, RRT, NCTP



Register Today: [bit.ly/3MTMnAx](https://bit.ly/3MTMnAx)



## Understanding Antibiotic Use



Antibiotics can save lives, but they aren't always the answer. Antibiotic resistance happens when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them. Any time antibiotics are used, they can cause side effects and can contribute to the development of antimicrobial resistance. If you are sick, talk to a healthcare provider about the best treatment for your illness. Take antibiotics **ONLY** when you need them and take them exactly as prescribed.

**An antibiotic will not make you feel better if you have an infection caused by a virus.** Antibiotics are only needed for treating certain infections caused by bacteria. They do **NOT** treat viruses that cause respiratory infections such as flu, COVID-19, and respiratory syncytial virus (RSV). Some respiratory infections caused by viruses may have antiviral treatment options.

No one can completely avoid getting an infection, but there are steps you can take to reduce your risk of getting sick:

- Wash your hands with soap and water often
- Cover your coughs and sneezes
- Avoid touching your face
- Stay home when you are sick
- Avoid close contact with people who are sick
- Get recommended vaccines

Source: [CDC](https://www.cdc.gov)

# Serving up Food Safety!

## MENU to Prevent Foodborne Illness

This holiday season follow these food safety tips to prevent foodborne illness.

### Clean

Wash hands and disinfect surfaces often.

### Separate

Keep raw meat, poultry, and seafood separate from fresh, ready-to-eat food. Use separate cutting boards, plates, and utensils.

### Cook

Thaw frozen meat, poultry, or seafood in the refrigerator.

Use a calibrated food thermometer to check the temperatures of meat, poultry, or seafood:

- Fish, Meat, or Pork - 145 °F
- Ground Meat - 155 °F
- Poultry - 165 °F

### Chill

Refrigerate leftovers within two hours of cooking. Consume or freeze leftovers within 3-4 days.

### Buffet Safety

Keep hot foods hot at 140° F or higher.

Keep cold foods chilled at 40° F or lower.

For more information, visit: [www.foodsafety.gov](http://www.foodsafety.gov)



# APPLE CRISP

## *Ingredients*

- 4 medium apples
- 1/4 cup oatmeal, quick cooking
- 1/4 cup flour
- 1/2 cup brown sugar
- 1 tablespoon cinnamon
- 1/4 cup margarine



*Makes 8 servings*

*Perfect dessert to enjoy at Thanksgiving.*

## *Directions*

1. Wash hands with soap and water.
2. Preheat the oven to 350 °F.
3. Grease the bottom and sides of a square 9 x 9" pan.
4. Remove the cores from the apples. Slice the apples. Spread the sliced apples on the bottom of the pan.
5. Cut the margarine into small pieces and put in a medium-sized bowl.
6. Add the oatmeal, flour, brown sugar and cinnamon.
7. Using two knives, cut the margarine into the mixture until it looks like small crumbs.
8. Sprinkle the mixture over the top of the apples.
9. Bake in the oven for about 20 minutes.

For more recipes, visit: [www.myplate.gov](http://www.myplate.gov)



## Rabies Clinics

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Middle-Brook Regional Health Commission is holding several rabies clinics this fall to ensure the availability of free rabies vaccines for our cat and dog owners.

- **Saturday, November 2**  
9 AM – 10 AM  
Green Brook Town Hall  
111 Greenbrook Rd  
Green Brook, NJ 08812
- **Saturday, November 16**  
9 AM – 10:30 AM  
Finderne Firehouse  
672 E Main St  
Bridgewater, NJ 08807
- **Saturday, December 7**  
9 AM – 10 AM  
Watchung Firehouse  
57 Mountain Blvd  
Watchung, NJ 07069



No registration is needed. Pets must be at least 6 months of age. All cats must be held in a carrier and all dogs must be leashed.

For more information, visit:

- [www.cdc.gov/rabies](http://www.cdc.gov/rabies)
- [www.cdc.gov/healthy-pets](http://www.cdc.gov/healthy-pets)

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