

Middle-Brook Regional Health Commission

www.middlebrookhealth.org

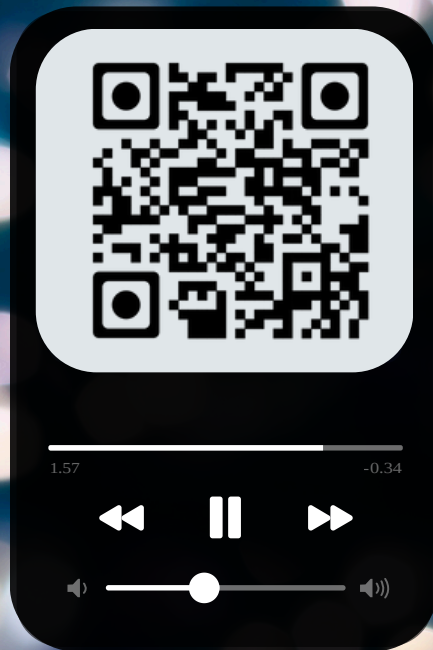
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December Newsletter 2024

Holiday Playlist


Thank you for sharing your favorite holiday songs! The playlist can now be accessed on our website: www.middlebrookhealth.org. We wish you a safe, healthy, and happy holiday season!



- <https://spoti.fi/4gvOysa>

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Fight the Flu



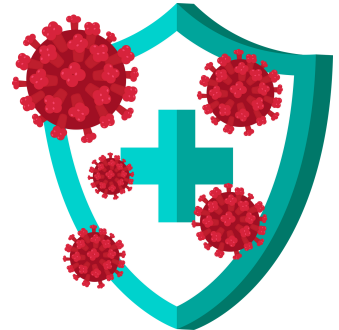
Public Health
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The best way to prevent flu is by getting a flu vaccine each year. In most cases, everyone ages 6 months and older should get a flu vaccine.

The benefits of getting a flu vaccine include:

- ✓ Reduces risk of flu illness
- ✓ Reduces severity of illness
- ✓ Reduces hospitalization and death
- ✓ Reduces risks for major cardiac events
- ✓ Protects people who are pregnant and their babies



To find a vaccine near you, visit: [vaccines.gov](https://www.vaccines.gov)

Young children, pregnant people, persons with certain chronic health disorders including asthma, diabetes, or heart and lung disease, and those 65 years of age and older are all at an increased risk of developing severe flu complications. People who work in healthcare, people who provide care, or who have close contact with those at high risk for complications from the flu should protect themselves and those they look after.

Helpful tips to ease your child's nerves about getting a flu shot:



- Be honest and calm. Explain to your child that getting a flu shot may pinch or sting briefly but helps keep them healthy and prevents sickness.



- Use Distractions. Bring a favorite toy or book to keep your child occupied.
- Practice deep breathing. Encourage your child to take deep breaths to stay calm. You can practice this beforehand to make them familiar with the technique.



- Provide positive reinforcement. Celebrate their bravery with praise or a small reward, like a sticker or a healthy treat.

For more information, visit: [vaccineinformation.org](https://www.vaccineinformation.org) or [cdc.gov](https://www.cdc.gov)



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Wash your Hands

Did you know? According to the CDC, handwashing can help prevent about 30% of diarrhea-related illnesses and about 20% of respiratory infections. It can also help prevent the overuse of antibiotics, which can lead to antibiotic resistance.



Wet your hands with water.



Lather your hands with soap.



Scrub hands for 20s, between your fingers and under your fingernails.



Under clean water, rinse well.



Take a clean towel and dry your hands.

Key times to wash your hands:

- When they look dirty
- Before preparing or eating food
- Before and after caring for someone who is sick
- After blowing your nose, coughing or sneezing
- After going to the bathroom
- After changing diapers or assisting anyone in the bathroom
- After handling garbage, touching any animal or animal waste
- After touching frequently touched surfaces or objects

For more information, visit: [cdc.gov](https://www.cdc.gov)

Recipe of the Month



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CHICKEN POZOLE SOUP

Ingredients

- 1 whole chicken, skinned and cut into pieces
- 8 cups water
- 1/2 cup onion, chopped
- 1/4 teaspoon black pepper
- 4 tablespoons chili powder
- 1 can (8 ounces) tomato sauce, low-sodium
- 1/2 teaspoon dried oregano
- 5 cups canned hominy, white or yellow, rinsed and drained (2 - 15 ounce cans)
- 3 cups iceberg lettuce, shredded
- 1 lime (cut into 6 wedges)



Makes 6 servings

This traditional Mexican soup has a deep flavor using a whole chicken. Hominy can be found in the canned food aisle of the grocery store.

Directions

1. Wash hands with soap and water.
2. Put chicken pieces in a large pot and cover with the 8 cups of water. Simmer over medium heat for 1 hour.
3. Add the chopped onion, pepper, chili powder, tomato sauce, and oregano to simmering chicken.
4. After the chicken is thoroughly cooked take the pieces out of the pot and remove most of the bones from the chicken and the pot.
5. Return chicken to the pot.
6. Add the rinsed hominy to the pot of chicken and simmer for another 45 minutes.
7. Serve with lettuce and a wedge of lime.

For more recipes, visit: myplate.gov