

# Your Health Your Life



Atlantic County Division of Public Health  
Spring 2026 Newsletter

## Spring Into Motion

Include a half hour walk in your daily routine. It adds up to the recommended 150 minutes of activity per week. Studies show that regular activity can help you sleep better, improve memory and concentration, and reduce risk of weight gain, heart disease, and depression.

To help you get started, check out our walking guide



Atlantic County  
Walking Guide



Walk for Better Health

## Protect Yourself from Tick Bites

- ✓ Use an EPA-registered insect repellent with one of the ingredients: DEET, Picaridin, Oil of Lemon Eucalyptus (OLE), and IR3535
- ✓ Wear clothing treated with permethrin
- ✓ Shower after spending time outdoors
- ✓ Check for ticks on yourself/clothing, kids and pets
- ✓ Wash and tumble clothes in a dryer on high heat



## Healthy Start for Moms and Babies

Maternal health is all about making sure moms stay safe and healthy while they are pregnant, giving birth, and caring for a new baby.

Our Improved Pregnancy Outcomes program offers moms one-on-one counseling. Call 609-645-5933 for more information.

The Family Connects NJ program also offers parents a free home visit from a nurse within the first two weeks after their child's birth. This service is available to all families, regardless of income, insurance coverage, immigration status or family structure. This includes adoptive families, resource parents, kinship caregivers and families experiencing stillbirth or loss of a newborn.

The nurse will evaluate health of mom and baby, screen for potential complications, answer questions about welcoming a newborn, make a referral for grief counseling in a case of stillborn or loss, and address any unexpected changes families are experiencing. Connecting families to community resources is based on individual circumstances. For more information visit [www.familyconnectsnj.org](http://www.familyconnectsnj.org)

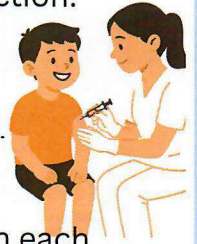
## Keeping Our Kids Healthy

The American Academy of Pediatrics (AAP) vaccination schedule continues to be the best recommendation for protecting children from serious diseases. It is based on decades of research and ensures vaccines are given at the ages when they provide the strongest protection—right when children need it most.



Many vaccines are given in the first two years of life because infants and toddlers are most at risk to infections. Booster doses later in childhood and adolescence help maintain long-term protection.

Vaccines train our immune system to recognize and fight harmful viruses and bacteria before they cause illness. Thanks to routine childhood immunizations, diseases that once harmed or killed thousands of children each year—such as measles, polio, and diphtheria—are now rare in the United States.



But these diseases have not disappeared entirely. They spread when vaccination rates drop. Following the recommended schedule helps keep children protected when they are the most vulnerable.

Source [aap.org](http://aap.org)

**Talk with your pediatrician!  
They are your best partner  
in protecting your  
child's health.**



For more information and to view the vaccine schedule, visit [HealthyChildren.org](http://HealthyChildren.org).



**Vaccinations are available  
for children who are uninsured or have  
NJ Family Care Plan A  
Call 609-645-5933  
to make an appointment**

**NUFAMILYCORE - WATCH FOR OUR MAIL!**



Eligibility checks have started.  
**Don't miss your renewal packet.**  
Update your mailing address today at  
**1-800-701-0710 (TTY: 711)**

Atlantic County Executive  
Dennis Levinson



Atlantic County Board of Commissioners  
John W. Risley, Jr., Chairman