



Health Topics of Interest

See below for helpful links suggested by the School Nurse. Click on the url to visit the website.

Disease Control

- Bergen County Department of Health Services
<http://www.co.bergen.nj.us/Index.aspx?NID=280>
- Cough Safe Video
<http://www.cleanvideosearch.com/media/action/yt/watch?videoid=SpPA73SZIYE>
- Find a Flu Shot
<http://www.state.nj.us/health/flu/findflushot.shtml>
- Pertussis (Whooping Cough)
<http://www.cdc.gov/features/pertussis/>
- Zika Virus
<http://www.cdc.gov/zika/>
- Ebola
<http://www.nj.gov/health/cd/vhf/qa.shtml>
- Enterovirus D68 (EV-D68)
http://www.nj.gov/health/cd/documents/faq/ev_faq.pdf
- HPV Human Papillomavirus
<http://www.cdc.gov/std/hpv/stdfact-hpv.htm>
- Meningitis
<http://www.cdc.gov/meningitis/index.html>
- Reye's Syndrome
<http://www.reyessyndrome.org/schools.html>
- Handwashing: Clean Hands Save Lives
<http://www.cdc.gov/handwashing/>

Food & Healthy Eating

- Eat Right - American Dietetic Association
<http://www.eatright.org/>
- Choose My Plate - A Guide for Healthy Eating
<https://www.choosemyplate.gov/>
- Healthy Weight
<http://www.cdc.gov/healthyweight/index.html>
- BMI Calculator
<https://www.cdc.gov/healthyweight/assessing/bmi/index.html>
- National Eating Disorders Association
<http://www.nationaleatingdisorders.org/>
- Food Safety and Recalls
<https://www.foodsafety.gov/>

- Recent Recalls
<https://www.recalls.gov/recent.html>
- Food Safety Tips for Healty Holidays
<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm092815.htm>

Substance Abuse

- Stop Underage Drinking
<https://www.stopalcoholabuse.gov/default.aspx>
- Alcoholic Beverages with Added Caffeine
<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm233987.htm>
- Ten Tips to Prevent Accidental Overdose
<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm253338.htm>
- Quit Smoking
<http://www.njquitline.org/>
- Anti Drug Talk
<http://www.drugfree.org/>
- National Prescription Drug Take-Back Day
https://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html
- How to Dispose of Unused Medication
<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm>

Suicide

- NJ Suicide and Crisis Hotlines
<http://www.suicide.org/hotlines/new-jersey-suicide-hotlines.html>
- NJ Suicide Hotline - Reaching Teens Through Texting
<http://share.nned.net/2013/01/contact-we-care/>
- NJ Youth Suicide Prevention
<http://www.nj.gov/dcf/adolescent/prevention/>

Parenting

- NJ Parent Link
<http://www.njparentlink.nj.gov/>
- Tough Talks
<https://www.childrennow.org/parenting-resources/>
- Love is Respect
<http://www.loveisrespect.org/>
- Stop Bullying
<https://www.stopbullying.gov/>
- Parenting for Special Needs Children
<http://www.mom2mom.us.com/>
- Mental Health Problems For College Student
<http://www.bestcolleges.com/resources/top-5-mental-health-problems-facing-college-students/>

Concussion

- CDC Concussion Site
<http://www.cdc.gov/HEADSUP/>
- Concussion in High School Sports
<http://www.cdc.gov/headsup/highschoolsports/index.html>
- Raising Concussion Awareness
<https://www.carinsurancecalculatoronline.com/raising-concussion-awareness/>

Other Helpful Links

- NJ Family Care - Affordable Health Coverage
<http://www.njfamilycare.org/>
- NJ Safe Haven
<http://www.njsafehaven.org/>
- Teen Sleep Habits
http://www.cdc.gov/media/subtopic/matte/pdf/2011/teen_sleep.pdf
- Colorblind
<http://colorvisiontesting.com/color4.htm>
- Indoor Tanning
http://www.cdc.gov/cancer/skin/basic_info/indoor_tanning.htm
- Safety for Young Workers
<https://www.osha.gov/youngworkers/>
- Healthy Swimming & Recreational Water
<https://www.cdc.gov/healthywater/swimming/>