

Lyndhurst Health Department

253 Stuyvesant Avenue, Lyndhurst, NJ 07071

www.lyndhurstnj.org T: 201-804-2500

The Lyndhurst Health Department, under the direction of Mayor Robert B. Giangeruso, is here to promote and protect the public health of our community by using the highest standards for disease control and prevention.

Please check out our newsletter for some of our upcoming events.

Free Flu Vaccine

The Lyndhurst Health Department offers free flu vaccine to all Lyndhurst residents aged 18 years and over. Check our website www.lyndhurstnj.org for latest clinic dates.

Clara Maass Lunch and Learn

Does the cold, snowy weather bring you down? Learn how to shovel your way out from under the winter blues. Join us on Friday, November 18th at 12pm at 281 Stuyvesant Ave. (Carucci Senior Building) for a seminar focusing on "Seasonal Affective Disorder." Lunch will be served. Please call 201-804-2500 to register. Walk-Ins Welcome!

Blood Screening

The Bi-annual Blood Screening will be held on Friday, December 2nd beginning at 8a.m. This screening includes: CBC, Blood Chemistries, Lipid Profile and a T4 level. The fee for this service is \$26. Cash or checks made payable to Medical Laboratory Diagnostics are accepted. Please call the Health Department for an appointment.



Events

Fall 2016

Free Flu Immunizations

Second Wed. of the Month

Child Health Conferences

November 18

Escaping the Winter Blues

December 2

Blood Screening

From Mayor Robert B. Giangeruso's Desk:

Mayor Giangeruso and the staff of the Health Department would like to thank the Community for all the donations made to the 2016 School Supply Drive. Your generosity is very much appreciated!

Due to the positive response, the Mayor would again like to invite the residents to stop by his office or the Health Department for a File of Life card refrigerator magnet. The card, when completed with your medical info, will assist first responders in a medical emergency.

Special Needs Registry

The Health Department partners with the Lyndhurst Office of Emergency Management to maintain a list of residents who require assistance in the event of a town wide disaster. If you or someone you know is disabled, on oxygen, or has limited mobility, please contact us for a Special Needs Registration Form.

Restaurant Licensing

Township of Lyndhurst food establishment licenses expire on December 31st each year. All food licensing fees are due by January 1 of each calendar year. Please visit our website www.lyndhurstnj.org/departments/health/ for more information.

Lyndhurst Food Pantry

The Lyndhurst Food Pantry normal business hours are Monday through Thursday from 1:00 p.m-3:30 p.m. and is located at the Lyndhurst Municipal Annex, 253 Stuyvesant Avenue. The Lyndhurst Food Pantry will be accepting donations for the holiday season starting November 1, 2016. We will be accepting turkeys, hams, and other non-perishable items to help those in need. To be a member of the food pantry, one must provide proof of hardship. Thank you to the Women's Club of Lyndhurst for staffing the pantry.

Animal Licensing

All dogs and cats residing in Lyndhurst must be licensed. Licenses must be renewed every year by January 31st to avoid receiving a late fee. We will be having licensing only hours on Saturday, Jan. 14, 2016 from 10:00 a.m. - 1:00 p.m. in the Registrar's office at the Lyndhurst Health Department. This year we will have our free rabies clinics on Thursday, January 19th and Thursday, Jan. 26th from 6:30 p.m.-7:30 p.m. at the Lyndhurst Community Center behind the little league fields.



Cold and Flu Season has Arrived!

Tips To Keep Your Family Healthy This Season:

Wash your hands often with warm water and soap.

Cover your mouth and nose with a tissue when coughing or sneezing.

Eat a balanced diet, stay hydrated, and get plenty of rest.

Avoid close contact with people who are sick, and stay home from work, school, and errands if you are ill.

Because germs are often spread after touching something contaminated, avoid touching your eyes, nose, or mouth.

Get Your Free Flu Vaccine at the Health Department.

Personal Health Consultations are done the 3rd Wednesday of every month from 9a.m.-11a.m., or call for an appointment.