

Weekly Public Health



Public Health
Prevent. Promote. Protect.

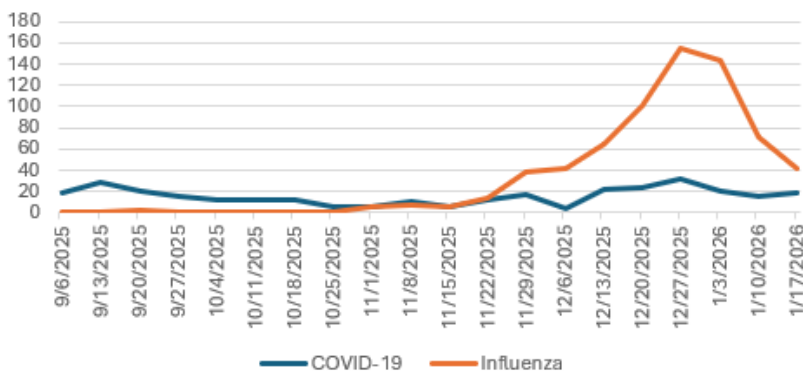
HUNTERDON COUNTY DEPARTMENT OF HEALTH

UPDATE

January 22, 2026



COVID-19 and Influenza Case Trends by Week; Confirmed Cases, Hunterdon County



Overall Respiratory Illness Activity in New Jersey:

Moderate

DID YOU KNOW?

Hunterdon County has a Community Alerts Notification System called **CITIZEN ALERT** which lets officials send critical, time-sensitive messages quickly during emergencies like:

- SEVERE WEATHER WARNINGS
- UNEXPECTED ROAD CLOSURES
- EVACUATION ORDERS
- MISSING PERSONS SITUATIONS
- OTHER URGENT PUBLIC SAFETY ISSUES



Messages can be delivered by phone call, text, email, or other devices you choose when signing up.

For more information and to sign up visit: <https://co.hunterdon.nj.us/469/Community-Alert-Notification-System>

Weekend Forecast: Snow

Winter in New Jersey can bring heavy snow and icy roads. It is important to prepare early.

- Stock emergency supplies
- Winterize homes and vehicles
- Review portable generator safety.
- Locate warming centers
- Check on neighbors who might need help

Stay injury-free as you clear driveways and sidewalks, here are some tips to stay safe:

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Take breaks
- Know the signs of a heart attack, stop immediately and call 911 if you're experiencing any of them

SHOVEL SMART!

Shoveling heavy, wet snow can cause back injuries and heart attacks. Don't push yourself!

Dress warmly, making sure to cover your head, fingers and toes.

Stay hydrated, but avoid heavy meals right before or after shoveling.

Move only small amounts of snow with each pass of the shovel.

Take frequent breaks. Stop shoveling entirely if you feel exhausted!

weather.gov



For this week's **Food Recalls** and **Public Health Alerts** please visit: <https://phm.njlincs.net/>



@hunterdoncountyhealthdepartment

www.co.hunterdon.nj.us/162/Health-Department

5 Steps to Portable Generator Safety

Portable generators are useful when the power goes out, but if not used safely, they can cause injuries and death.



Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.

Make sure you have carbon monoxide alarms in your home.

Carbon Monoxide (CO)

Do not use a generator in a wet area. This can cause shock or electrocution.

Connect appliances to the generator with heavy-duty extension cords.

Do not fuel your generator when it is running. Spilling gas on a hot engine can cause a fire.

For more information and free resources, visit [usfa.fema.gov](https://www.usfa.fema.gov)