

Your Health is Important to Us



CDC flyers are available in English and Spanish by visiting www.bridgewayrehab.org



The NJ Department of Health now offers immediate COVID-19 information.
Call the NJ Coronavirus & Poison Center Hotline at 1-800-222-1222 or 1-800-962-1253 if using out-of-state phone line
Trained healthcare professionals are standing by to answer your call 24/7

If you have found yourself listening to the radio, reading the newspaper, and clicking on information online about the new health risk called COVID-19, or “Coronavirus”, and shaking your head - you are not alone.

In a fast-changing atmosphere, the best thing we can do is resist the urge to overreact to daily news flashes and practice sensible personal habits that will minimize risk. When we do look to news sources for information, the best resource is the Centers for Disease Control and Prevention, the “CDC”, a government agency that is dedicated to providing accurate information on a daily basis on their website www.cdc.gov.

Here is what the CDC wants you to know about preventing and treating Coronavirus: There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases.

Preventative actions include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular house - hold cleaner or wipe.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a facility.)
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Always wash hands with soap and water if hands are visibly dirty.

Bridgeway has convened a task force to ensure that we are staying in front of all possible efforts to protect persons served and staff.

Join Our Online Community!



www.bridgewayrehab.org

Your Immune System Helps Protect You From Viruses

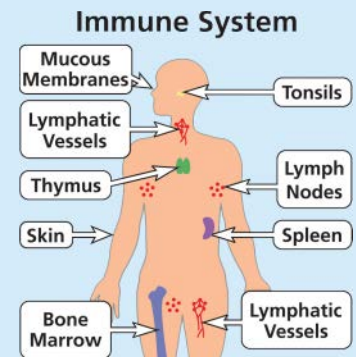
The main purpose of your immune system is to protect your body from viruses and bacteria. ... Your immune system works by recognising the difference between your body's cells and alien cells, allowing it to destroy any that could be potentially harmful.

A robust and properly functioning immune system helps you go about daily life as you come into contact with germs and bugs from pets, other people, and your environment. Without a healthy immune system, you could pick up infections and infectious diseases more easily, and the effects could be serious.

Your body's first line of defence is its physical barriers. If viruses and bacteria manage to break through, there are specialised cells that will jump into action. Your bloodstream and key areas of your body contain white blood cells that can fight and destroy the viruses and bacteria they find.

Your immune system is made up of:

- Your skin. Skin acts as a physical barrier to germs.
- Your mucus. Sticky mucus lines your lungs and your nasal passages, and stops germs from entering your blood stream.
- Your gut. Around seventy to eighty percent of your immune system cells are found in your gut. It's often a place where bacteria and viruses attack so it's important that your gut is in good condition and has plenty of friendly bacteria at its disposal.
- Your lymph system. Your lymph system carries water, food and oxygen to your cells and removes waste. It is made up of your bone marrow, spleen, thymus and lymph nodes.



It's easy to take the immune system for granted because it does such a good job at keeping us free from infection around the clock! If you've got a healthy immune system, look after it and it will look after you.

It's vital that your immune system is in good working order if you want to stay as protected as possible. There are several ways you can do this. You can cut down on the amount of alcohol you drink, start exercising regularly if you don't already, and try to reduce your stress levels. If you live a hectic life, simply learning to slow down and rest occasionally can have a big impact.

How you can help your immune system



- Eat a healthy diet with lots of fresh fruit and vegetables and minimize your intake of processed foods
- Get a good night's sleep
- Exercise regularly
- Maintain a healthy weight
- Reduce stress
- Follow good hygiene practices
- Cut your nails (it may sound like a strange one, but longer fingernails can become a breeding ground for germs)
- Avoid smoking * Look on page 3 for smoking cessation advice and tools
- Limit your alcohol intake

Bridge to Wellness Promotes Smoking Cessation

Contact Bridge to Wellness 908-202-0416



“Quitting smoking is easy. I’ve done it a thousand times.” - Mark Twain

Health concerns usually top the list of reasons people give for quitting smoking. This is a very real concern: smoking harms nearly every organ of the body.

Individuals with mental health conditions tend to smoke in higher numbers than others. There may be several reasons for this. For example, quitting can be more of a challenge for people whose treatment for mental illness includes medications. Use of forms of nicotine reduction therapies, like patches and gum, while on a medication regimen should be cleared by medical personnel.

No matter how old you are or how long you’ve smoked, quitting can help you live longer and be healthier. People who stop smoking before age 50 cut their risk of dying in the next 15 years in half compared with those who keep smoking. Ex-smokers enjoy a higher quality of life – they have fewer illnesses like colds and the flu, lower rates of bronchitis and pneumonia, feel healthier than people who still smoke, and have stronger immune systems that are better equipped to fight viruses. Bridgeway’s clinicians recognize that ending a smoking habit is easier with a full toolbox of smoking cessation tools.

**NEW JERSEY
QUITLINE™
1-866-NJ-STOPS**

The New Jersey quitline provides free cessation services, including counseling and medication. These services are effective in improving health outcomes and reducing healthcare costs.

Inhalers

Along with the nicotine replacement and reduction products, there is now an inhaler on the market that will satisfy a smoker’s cravings without nicotine. Persons served at Bridgeway have reported successfully reducing their nicotine intake using nicotine free inhalers. This is what they told us:



- The cost is relatively inexpensive compared to other tools.
- Inhalers help to satisfy some habitual hand and oral activity and has been reported as relaxing.
- Nicotine-free inhalers lengthen the time between cigarettes thereby increasing confidence in ability to quit.
- They come in a variety of flavors, some even delivering vitamin B-12.
- Inhalers available over the counter and on Amazon, and can be used anywhere with no harmful effects.
- Inhalers can be used in conjunction with other tools such as the patch or gum.

* Bridgeway makes no product endorsements





Fill your heart & Build your future at Bridgeway

Seeking Qualified Candidates

Open positions include: Psychiatric Nurse, Career Services Recovery Coach, Wellness Clinician, Supported Education Specialist, Co-occurring Clinician, Vocational Specialist, Wellness Nurse & Wellness Specialist.

Upload resume and cover letter : www.bridgewayrehab.org. Click on Careers tab
For more information email: human.resources@bridgewayrehab.org or call Neal at 908-355-7886 ext. 1021

Celebrate WOMEN'S HISTORY MONTH 2020

Saluting Bridgeway's Social Workers

SOCIAL WORKERS
generations
STRONG

SOCIAL WORK MONTH 2020
SOCIALWORKMONTH.ORG



DID YOU KNOW...
**MARCH IS PROBLEM GAMBLING
AWARENESS MONTH**

➔ HAVE THE CONVERSATION

1800-GAMBLER

Anonymous Compliance Hotline - If you suspect fraud, waste, or abuse
Call 732-317-5098

* If you would like to be removed from our mailing list, please call 908-469-6517 ext.1006
or write to erica.smith@bridgewayrehab.org