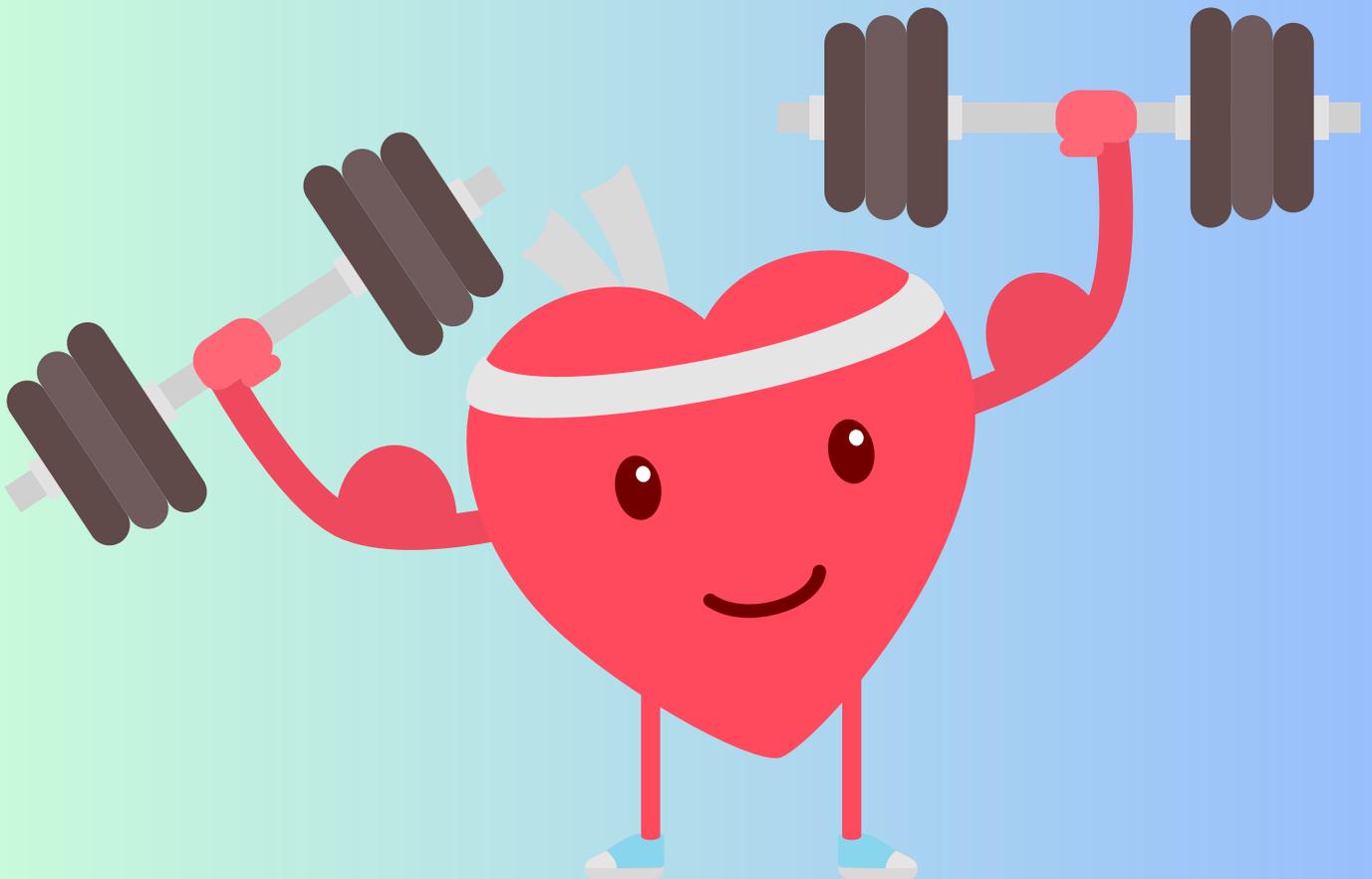




ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT

IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

HEALTHY MONDAY'S TOOL KIT: APRIL 2025



900 Bloomfield Avenue
Verona, NJ 07044

Earth Day 2025

Caring for our Planet Together
Tuesday, April 22, 2025

Earth Day 2025 is a special time for all of us to think about how we can help protect our planet. This year's theme, "Invest in Our Planet," reminds us that every small action counts. Whether you're at school or at home, you can make a difference by recycling, conserving water, planting trees, or learning more about nature. Together, we can take care of the Earth and create a better future for everyone. Let's celebrate Earth Day by showing love and respect for the world we all share!



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WHAT IS THE HEALTHY MONDAY CAMPAIGN?



Even though we are encouraged to stay healthy every day. The healthy Monday campaign is Healthy Monday, a public health initiative that encourages individuals and organizations to commit to healthy behaviors every Monday to help prevent chronic diseases.

From the Essex County, Healthy Monday will focus on children and their parent and providing them with a toolkit every Monday that will focus on a different topics per month that are pertinent to children from K-12.

Welcome to the Essex County Healthy Monday Campaign for the month of April with Outside Safety being the main topic.

LESSON 01: BIKE SAFETY AND HELMET USE

Bike Safety and Helmet Use for Kids (Kindergarten to 5th Grade)

Riding a bike is a fun and exciting way to get around, but it's important to stay safe while you do it. One of the most important things to remember is to always wear a helmet. Helmets help protect your head if you fall, and they're a simple way to stay safe. Make sure your helmet fits snugly, sitting level on your head and covering your forehead. A good helmet is a must whenever you're biking, whether you're riding in the park, around your neighborhood, or just down the street.

Before you start riding, it's also a good idea to check your bike. Look at the tires to make sure they're not flat, check the brakes to make sure they're working, and make sure the chain is in place. A bike that's in good shape is much safer to ride. When you're on your bike, remember to ride safely by staying on the right side of the road or bike path. Always stop at stop signs, look both ways before crossing the street, and be careful of cars and other bikes. If you're riding on sidewalks, make sure to watch out for pedestrians. It's also important to stay visible when you're riding. Wearing bright-colored clothes during the day helps drivers see you, and if you're biking at night, make sure your bike has lights and reflectors. Keep both hands on the handlebars while riding to help you stay balanced and control your bike. Finally, always be careful when turning or riding around corners. Slowing down and being aware of your surroundings will help keep you safe and make biking fun!

LESSON 01: BIKE SAFETY AND HELMET USE

Bike Safety and Helmet Use for Teens (6th to 12th Grade)

Riding a bike is an easy and eco-friendly way to get around, but bike safety is important for everyone, no matter how experienced you are. The first rule of bike safety is wearing a helmet. Helmets protect your head from serious injury in case of an accident, and it's essential to always wear one when you ride.

Make sure your helmet fits properly—it should be snug but comfortable, sitting level on your head and covering your forehead. A helmet that doesn't fit well won't protect you as much, so take the time to adjust it correctly.

Before you head out on your bike, do a quick check to make sure everything is in good working condition. Check your tires to ensure they're properly inflated, test the brakes to make sure they're responsive, and check that the chain is tight and running smoothly. Riding a bike that is in good shape is safer and more enjoyable. While biking on the road, always follow the traffic rules. Ride with the flow of traffic, stop at red lights and stop signs, and use hand signals when turning or changing lanes. Be aware of your surroundings, including cars, pedestrians, and other cyclists, and stay alert to avoid accidents.

Visibility is especially important for teens who ride in busy areas or during the evening. Make sure to wear bright or reflective clothing so others can see you, and if you're riding at night, make sure you have a working bike light and reflectors on your bike. It's also important to stay focused and avoid distractions, like using your phone or wearing headphones. Paying attention to the road and your surroundings is key to staying safe. By wearing your helmet and following these safety tips, you can enjoy biking while keeping yourself protected.



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Why Helmets Are Important

Protect your Head:
Helmets help protect your brain from injuries in case of a fall or accident.

Stay Safe While Playing:
Whether you're riding a bike, skateboard, or scooter, helmets keep you safe while having fun.

Safety First, Fun Always!
Remember, helmets help you stay safe, so you can enjoy all your activities to the fullest!

Set a Good Example:
By wearing your helmet, you show your friends and family that safety is important.





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Ride Safe, Ride Smart – Take Care of Your Bike & Yourself!

Bike Maintenance – Keep Your Ride in Top Shape

- Inspect tires for damage and keep them properly inflated.
- Clean your bike regularly and lubricate the chain for smooth performance.
- Check brakes, chain, and gear shifters to ensure proper function and avoid issues.



Safe Riding Practices – Stay in Control and Be Aware

- Always wear a properly fitted helmet for head protection.
- Use hand signals, follow traffic laws, and ride in bike lanes when possible.
- Be visible with bright clothing, lights, and reflectors, especially at night.
- Stay alert, ride defensively, and avoid extreme weather conditions.

Emergency Preparedness – Be Ready for Anything

- Carry a bike repair kit with tools, a tire pump, and a spare inner tube.
- Practice fixing a flat tire to be prepared on the road.
- Have an emergency plan with your phone and share your route with someone.



LESSON 02: STREET CROSSING SAFETY

When crossing the street, always stop at the edge of the sidewalk and look both ways for cars. Whether you're a kid or a teenager, it's important to make sure no cars are coming before you step into the street. Always use a crosswalk, where drivers are more likely to see you and stop. Even if the road looks clear, keep looking both ways while you cross because cars can appear quickly. Never assume that drivers can see you—make sure they do!

If you're crossing at a traffic light, wait for the light to turn green and never run across the street. Walk at a steady pace and stay visible to drivers by wearing bright clothes, especially in the morning or late afternoon when it can be harder for drivers to see you. For teenagers, be extra cautious if you're distracted by your phone or music. Make sure to pay attention and stay alert at all times to avoid accidents.

When there's no crosswalk, always cross at a corner, never in the middle of the street. Look left, right, and left again to make sure it's safe to cross. As a teenager, avoid rushing or crossing too quickly, and never take shortcuts. If it's dark or you're in a low-light area, wear reflective clothing or use a light to ensure drivers can see you. Staying focused and crossing carefully will keep you safe, no matter your age.



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Street Crossing Safety – Stay Safe!

Look Both Ways:
Stop, look left, right, and left
again before crossing.

Use Crosswalks:
Always cross at crosswalks
or traffic lights.



Hold Hands with an Adult:
Always cross with an adult.

Wait for the Green Light:
Cross only when the
pedestrian light is green.



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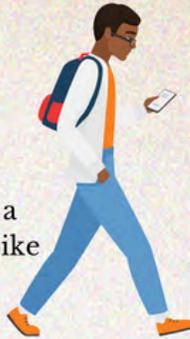
Stay Safe, Stay Alert!

When you're out walking, whether it's to school, a friend's house, or the store, your safety is the most important thing. Distractions, like using your phone or wearing headphones, can make it harder to notice potential dangers while crossing the street.

Dangers of Distractions

Phones

- Texting, scrolling, or playing games can pull your attention away from the road.
- You might miss important sounds like a car horn or siren.
- Eyes down? You might not see a car speeding toward you or a bike coming up from behind.



Headphones

- Wearing headphones or earbuds blocks out sounds of oncoming traffic, honking cars, or a horn warning.
- You won't hear the signals of emergency vehicles or nearby pedestrians.



Top Safety Tips:

- Put your phone away while crossing the street!
- Take off your headphones to hear your surroundings clearly.
- Always look both ways before crossing the street, even if there's no traffic.
- Use crosswalks and pedestrian signals wherever possible.

Remember, distractions can wait. Your safety comes first!

LESSON 03: REFLECTIVE CLOTHING AND VISIBILITY

Wearing reflective clothing is an important way to stay visible and safe, especially when you're walking or biking near roads. For kids and teenagers, it's essential to wear bright colors or clothing with reflective strips, particularly when it's dark or during early morning or late evening hours. Reflective gear helps drivers see you from a distance, giving them more time to react and avoid accidents. Even if you're on the sidewalk or bike path, being seen is crucial for your safety.

For added protection, consider wearing reflective gear such as vests, jackets, backpacks, or wristbands. These items are designed to reflect light from car headlights, making you more noticeable to drivers. If you're biking, make sure your bike has reflectors or a light, and wear a reflective vest or gear. This is especially important if you ride in low-light conditions, as drivers might not spot you in time if you're not visible enough.

Being visible isn't just about clothing—it's also about being aware of your surroundings. Avoid dark, busy streets without proper lighting, and make sure you stay in areas where drivers can see you clearly. For teens, it's especially important to stay focused and avoid distractions like phones or headphones when you're walking or biking at night. Reflective clothing and staying visible can help keep you safe on the road and ensure that drivers notice you.



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Stay Bright, Stay Safe!



Hey, Super Kids! ★

Did you know that wearing bright or reflective clothes helps you be seen by cars, bikes, and other people when you're walking or biking near traffic? It's like being a superhero with your own special power—visibility! ★



Why is Being Seen So Important?

When you wear bright colors or reflective clothing, drivers, bikers, and people can see you from far away! That means they can stop or slow down in time to keep you safe.

Be a Safety Star! ★



Fun Fact:

Reflective clothing can help you be seen up to 300 feet away!
That's like being visible from the end of a football field! ⚽



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Glow Up: How to Stay Safe and Visible at Night



Why Visibility Matters

Walking or biking after dark? Make sure you're seen! In low light, drivers and cyclists may not see you in time. Reflective gear helps you stand out and stay safe.

Tips for Staying Visible

- Wear Bright Colors & Reflective Gear: Jackets, shoes, and accessories with reflective strips shine when lights hit them—helping you be seen from up to 500 feet!
- Add Reflective Accessories: Arm bands, backpacks, and shoe laces can boost your visibility.
- Use Lights: For biking, add front and rear lights to your bike for extra safety.



Quick Safety Tips

- Stick to sidewalks or bike paths.
- Keep your phone out of sight when walking or biking.
- Always be aware of traffic, even if you're wearing reflective gear.



LESSON 04: SUN SAFETY

Protecting your skin from the sun is important to stay healthy, whether you're playing outside, riding your bike, or just hanging out. The sun's rays can cause damage to your skin, even on cloudy days, so always wear sunscreen with at least SPF 30. Apply it to all exposed skin, and reapply it every two hours or after swimming or sweating. Sunscreen helps prevent sunburn and long-term skin damage that can lead to skin cancer later in life.

Wearing protective clothing is another great way to stay safe in the sun. Hats with wide brims, sunglasses, and long-sleeve shirts can block the sun's harmful rays from reaching your skin. Light-colored clothing can also help keep you cool while protecting you from UV rays. For kids and teens, staying in the shade during the hottest parts of the day—usually between 10 a.m. and 4 p.m.—is a smart way to avoid overexposure to the sun.

It's also important to stay hydrated by drinking plenty of water when you're outside in the sun. Sun exposure can make you sweat and get dehydrated, so keeping a water bottle with you is key to staying healthy. Remember to take breaks in shaded areas and avoid staying in the sun for too long. By following these simple sun safety tips, you can enjoy the outdoors while keeping your skin safe and protected.



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Protect Your Skin from the Sun!



How to Stay Safe in the Sun:

Wear Sunscreen!

- Apply sunscreen all over your body before going outside.
- Choose a sunscreen that's SPF 30 or higher to protect your skin from sunburn.



Wear a Hat!

- A hat with a wide brim helps protect your face and neck from the sun.
- Fun hats like baseball caps or sun hats can keep you cool too!

Wear Sunglasses!

- Sunglasses protect your eyes from the sun's bright rays.
- Pick sunglasses with UV protection to keep your eyes safe.





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PROTECT YOUR SKIN: STAY SAFE IN THE SUN!

Why Protect Your Skin?

UV rays from the sun can cause sunburn, aging, and even skin cancer. Protecting your skin now helps keep it healthy for the future!

How to Stay Safe in the Sun:

1. Use Sunscreen

- Apply SPF 30 or higher 30 minutes before going outside.
- Reapply every 2 hours, or after swimming or sweating.



2. Cover Up

- Wear long sleeves and a wide-brimmed hat to protect your skin.
- Don't forget sunglasses with UV protection for your eyes!



3. Stay Hydrated

- Drink lots of water to keep your skin cool and healthy!



Quick Tip:

Avoid the sun's strongest rays between 10 AM and 4 PM and always seek shade when you can.