

December
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Your Health Matters

Westfield Regional Health Department

425 East Broad Street, Westfield, NJ 07090

P. 908-789-4070

www.westfieldnj.gov/health

Click the image below for safety tips to make sure your holiday is a safe one.



CDC's New Preparedness

Digital Media Toolkit

More than half of American households do not have an emergency kit with basic supplies, food and safe water, personal health items, or backup power sources. [Click here](#) to get yours.



Gun Safety and Children

Many families keep a gun in the home, but guns are dangerous. They can hurt or even kill you or someone you know. Click the image on the right to learn more.

