



## Your Health Matters

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[www.westfieldnj.gov/health](http://www.westfieldnj.gov/health)

Swimming and other water-related activities are excellent ways to get the physical activity and health benefits needed for a healthy life. However, they are not risk-free. [CDC's Healthy Swimming website](#) provides information about how to maximize the health benefits of swimming while minimizing the risk of illness and injury.



### Keeping Your Family Safe from Vector-Borne Diseases

When infected blood-sucking insects (such as mosquitoes and ticks) bite a person, they can spread vector-borne illnesses such as West Nile Virus and Lyme disease. There are many types of vector-borne illness. The best defense against them is to take steps to avoid being bitten by infected insects. [Click here to learn how to Fight the Bite!](#)



### Protect Yourself From the Sun

Summer means longer days and more time outside. Click the image to the right to learn ways to keep yourself and your family safe all summer long!

