



FAIRHAVEN HEALTH DEPARTMENT A REMINDER TO RESIDENTS

We still have great programs being offered!

Take advantage of the many programs that could benefit your health greatly. Always refer back to our website or advertisements in local papers, as we are constantly offering new programs!

**SUNSCREEN
DISPENSERS**

**MATTRESS
RECYCLING
GRANT**

**TOBACCO
CESSATION**

COMPOST BINS

**TEXTILE
RECOVERY**

**CURBSIDE
RECYCLING**

HEALTH DEPARTMENT

40 Center Street
Town Hall
Fairhaven, MA 02719

(508) 979-4023 EXT. 125

[https://www.fairhaven-
ma.gov/board-health](https://www.fairhaven-ma.gov/board-health)

SUNSCREEN DISPENSERS: In response to sun safety awareness, the Fairhaven Employee Wellness Committee has also jumped onboard, as they have partnered with the Fairhaven Health Department to obtain dispensers for public use, taking the active pledge of practicing safe skin.

Melanoma is rising faster than any other cancer with one person every 50 minutes dying from the disease. Studies show that with daily sunscreen protection, the risk of melanoma is preventable. As part of the Practice Safe Skin program, these specially designed dispensers offer sunscreen as an effective preventive measure to help avoid sun over-exposure year round. Each sunscreen dispenser is equipped with a 1,000 mL pouch of hypoallergenic broad-spectrum SPF 30 sunscreen, which is safe for people aged 6 months and older.

Be on the lookout for a dispenser at any of these locations: Fort Phoenix, Pope Beach, Seaview Avenue, Causeway Road, West Island Town Beach, Pease Boat Ramp, Livesey Park, Cushman Park, Macomber Pimental Field, the start and end points of the Fairhaven Bike Path, Fairhaven Recreation Center and the Fairhaven Department of Public Works building located at 5 Arsene Street. We also wish to thank the Department of Public Works for installing these dispensers throughout Town.

MATTRESS RECYCLING GRANT: The Town of Fairhaven Board of Health has been awarded a \$28,303.00 grant from the Massachusetts Department of Environmental Protection as part of a mattress recycling program. The program has already begun and will continue for the next five years. The grant will allow for the collection and recycling of residential mattresses and box springs. The fee for disposal is \$20.00 per mattress/box spring and must be paid at the time of transportation. Please visit the Department of Public Works located at 5 Arsene Street to pay and dispose of your mattresses/box springs.

TOBACCO CESSATION: The Massachusetts Department of Public Health offers resources and information to support those who are trying to quit smoking, as well as information to support parents and school professionals when the time comes to teach teenagers about tobacco products.

If you're thinking about quitting, your health insurance plan can help. Through the Affordable Care Act, many public and private plans are required to cover all seven FDA-approved quit-smoking medications. Call the customer service number on the back of your health insurance member card to find out what your benefits are. If you don't have health insurance, you can still sign up for the new affordable health plans being offered. You can also enroll online to receive 4 weeks of free nicotine patches by visiting www.makesmokinghistory.org/quit-now/

E-cigarettes recently surpassed conventional cigarettes as the most commonly used tobacco product among youth. According to the Centers for Disease Control and Prevention, e-cigarettes are not safe for youth, young adults, pregnant women or adults who do not currently use



Enroll online to get 4 weeks of **free nicotine patches** and help to quit.

Remember, with medicine and coaching you are **3x as likely to quit for good.**

Thinking about quitting? Want to try again?



Your health insurance may cover the cost of quitting smoking as many times as you need. **MassHealth does!**

tobacco products. E-cigarettes have not been approved by the Food and Drug Administration as a smoking cessation device.

Please visit www.makesmokinghistory.org for more information, specific questions and resources.

COMPOST BINS: It's that time again to put in your compost bin orders! In conjunction with the Fairhaven Rotary Club, we are offering compost bins at a discount to the first 17 people who purchase (1 bin per person). The first 17 residents are required to pay \$10.00 and the Rotary Club and Health Department will cover the remaining cost. The deadline to order a compost bin is Friday, June 28, 2019 at 4:00p.m. Pick-up will be on Friday, July 5, 2019 from 2:00 - 4:00p.m. in the Health Department. Visit the Health Department to make your purchase today!

TEXTILE RECOVERY: Have you visited the textile recovery bins around Town? All donations are reused or recycled to make new items. Acceptable items include footwear, clothing, accessories (hats, purses, belts, backpacks, scarves, etc.), linens (sheets, blankets, curtains, pillows, throw rugs) and stuffed animals. Visit baystatetextiles.com for a full list of acceptable items. Bay State Textiles empties all bins on a weekly basis. Please bag all items before placing into the bin. Textile bins are located at the Fire Department, Council on Aging, the Old Oxford School and at Hoppy's Landing. All proceeds help support the funding of hoarding remediation workshops and maintenance classes!

CURBSIDE RECYCLING: Last, but certainly not least, is our recycling reminder to all residents. Recycling in the Town of Fairhaven is mandatory, involving all residents, condominiums, schools and municipal buildings. Please place only items that can be recycled into your curbside recycling bin. You can visit recyclesmartma.org to check which items are allowed in your recycling bin. Remember, only cans, plastic containers, glass and paper are allowed for curbside pickup. Plastic shopping bags can be recycled at Stop & Shop and Wal-Mart (and other local shopping centers). Shredded paper must be bagged and can only be disposed of in the trash at this time.



RECYCLE

THANK YOU FOR RECYCLING THESE:

Cans



Aluminum and Tin Cans
empty and rinse

Glass



Bottles and Jars
empty and rinse

Paper & Cardboard



Mixed Paper, Newspaper, Magazines, Cardboard
emptied and flattened

Plastic Containers



Kitchen, Laundry, Bath
empty and replace cap

NO!



Do Not Bag Recyclables
No Garbage



No Plastic Bags or Plastic Wrap
(return to retail)



No Food or Liquid
(empty all containers)



No Clothing or Linens
(Textile collection bins are at COA, Fire Dept and NFIA.)



No Tangles
(no hoses, wires, chains, or electronics)

(508) 979-4023
Fairhaven Health Department

www.fairhaven-ma.gov/board-health/pages/trash-recycling-information
Thank you for recycling. Funded in part by MassDEP. Min. 30% recycled paper.

THANK YOU
FOR RECYCLING

IT'S
ALL YOU
RECYCLE

www.fairhaven-ma.gov/board-health/pages/trash-recycling-information

Thank you for recycling. Funded in part by MassDEP.