

NVHD E-Bulletin



December 2011

Naugatuck Valley Health District - 98 Bank St, Seymour, CT 06483 - www.nvhd.org - 203-881-3255

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Welcome!

Welcome to the first edition of the NVHD E-Bulletin. The purpose of the E-Bulletin is to provide timely information on public health issues, offer information to increase public health awareness, and be a resource to the community. Each month we'll include information on nationally recognized public health themes, upcoming community events, what's new at the health district, and emergency preparedness tips. Enjoy!

National Hand Washing Awareness Week December 4th – 10th

According to the Centers for Disease Control and Prevention, frequent hand washing has the potential to save more lives than any single vaccine or medical intervention (<http://www.cdc.gov/Features/HandWashing/>). Keeping hands clean through adequate hand hygiene is one of the most important steps to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water.



To properly wash your hands:

- Wet your hands with clean, running water (warm or cold) and apply soap.
- Rub your hands together to make lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- Continue rubbing your hands for at least 20 seconds. Singing the "Happy Birthday" song from beginning to end twice is about 20 seconds.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry them.

What about Hand Sanitizers?

Washing hands with soap and water is the best way to reduce the number of germs on them, though if soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers may quickly reduce the number of germs on your hands, but they do not eliminate all types of germs. Keep in mind that hand sanitizers are not effective when hands are visibly dirty.

For more information on hand washing, visit www.cdc.gov/handwashing

Winter Safety

Start preparing now for winter weather! Gather supplies and make a kit today to avoid the rush when that first snowstorm hits. Stock up on water and non-perishable food items. Have extra flashlights and batteries, tools, first aid kit, personal supplies, and blankets. Consider where you will go if you need to leave your home, know where to find information on shelters, and have emergency contact information readily available.

Make an Emergency Car Kit: (Information from the CT Department of Public Health www.ct.gov/dph)

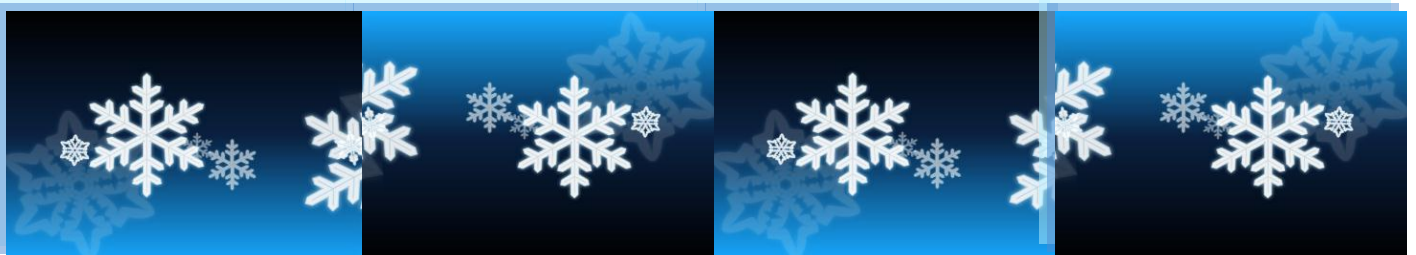
- ◆ Flashlight with extra batteries
- ◆ First-aid kit
- ◆ Water
- ◆ High-calorie, non-perishable food (protein bars, granola bars, trail mix)
- ◆ Bag of sand (or cat litter)
- ◆ Shovel
- ◆ Ice scraper and brush
- ◆ Tool kit
- ◆ Tow rope and booster cables
- ◆ Compass and roadmaps, pen and paper
- ◆ Extra clothes to keep dry
- ◆ Extra winter gear: hats, gloves, rain poncho
- ◆ Blankets
- ◆ Plastic garbage bags
- ◆ Cash in case credit or debit card machines aren't operating
- ◆ Emergency phone contacts/insurance cards



Reminders:

- ◆ If you are traveling with a pet have food and water, leash, and water dish
- ◆ Keep gas tank half full during winter weather

For more information go to: <http://www.ct.gov/dph/WinterWeatherSafety>



Antibiotic Resistance

According to the Centers for Disease Control and Prevention (CDC) infections with antibiotic resistant bacteria have become increasingly common in healthcare and community settings. What is antibiotic resistance? It occurs when germs change in a way that reduces or eliminates the effectiveness of the drug used to treat them. Over-use and improper use of antibiotics increase resistance which limits the effectiveness of certain drug treatments. Below are some tips from the CDC of how patients can protect themselves from drug-resistant infection:

- Take antibiotics exactly as the doctor prescribes. Do not skip doses. Complete the prescribed course of treatment, even if you start feeling better.
- Only take antibiotics prescribed for you; do not share or use leftover antibiotics. Antibiotics treat specific types of infections. Taking the wrong medicine may delay correct treatment and allow bacteria to multiply.
- Do not save antibiotics for the next illness. Discard any leftover medication once the prescribed course of treatment is completed.
- Prevent infections by practicing [good hand hygiene](#) and getting recommended vaccines.
- Do not ask for antibiotics when your doctor thinks you do not need them. Remember antibiotics have side effects. When your doctor says you don't need an antibiotic, taking one may do more harm than good.

For more information go to <http://www.cdc.gov/Features/AntibioticResistance/index.html#chartB>

Nutrition Tip of the Month:

When making your holiday breads; cranberry, pumpkin, etc., use applesauce instead of oil. Using all-natural, unsweetened applesauce can reduce major calories. The measurements are equivalent, so if the recipe calls for one cup of oil, use one cup of applesauce. All-natural, unsweetened applesauce has about 60 calories in a half cup. One tablespoon of oil has about 120 calories, equaling 960 calories in a half cup (16Tbs=1 cup). You can cut over 100 calories per serving with this simple switch, and the bread comes out just as moist and delicious as when you use oil.



National Stress-Free Family Holidays Month

The holidays are officially here – a season of giving, living and loving. A time for sharing and spending time with family and friends. And somehow it can be stressful. We all want to enjoy the holidays and create memories for one another that are positive and loving. You plan the holidays and all the tasks at hand. During all your planning, why not create your personal plan to alleviate the stress? Here are 13 tips to help you reduce stress during the holidays and really enjoy yourself.



1. Eat Healthy - This is probably the most difficult thing to do, especially during the holidays. There is usually an abundance of food that tempts us to eat more than we normally do - especially when we go to holiday parties. Look for chances to eat more fruits and vegetables, grains and beans and other low fat foods that will keep your energy levels up and your fat intake down.

2. Breath and Exercise - Slow deep breaths help reduce stress and bring on a sense of peace and calm. Take walks before and after meals. If you can go outdoors during your lunch time, take your lunch with you and go for a walk. Walk with a friend or loved one.

You get to spend added time together and the two of you will create a wonderful memory.

3. Laugh and Play - Focus on the positive. Watch a funny holiday movie. Make popcorn and sit by the fireplace. Build a campfire and roast marshmallows. Take a drive. Dance. Go to a park and ride the seesaw. Watch children play. Imitate them. That is sure to make you laugh. Laugh at yourself and with others.

4. Shop Early - Start your holiday shopping early. The only challenge you may have is finding a place to "hide" your new purchases before your loved-ones can find them - in fact, you may hide them so well, that you forget where you put them!

5. Make your Lists and Check them Twice - Lists can really help you get organized. Holiday gift lists, meal planning lists and a list of the places you really want to go to and those you could probably pass up this year. Remember to be flexible when you make those lists.

6. Simplify Your Life - No matter how hard we try, things happen in life to put a kink in our plans. Aim for simplification instead of perfection. This includes spending less money on people and more time with them. After all time is really more precious to most of us.

7. Learn to Delegate - If you are one of those people who feel that it won't get done correctly unless you do it yourself, then you probably have



high stress levels in your life. Instead of wrapping all the gifts yourself this holiday season, why not recruit family members to help you? This will give you added time to do other things you love to do and want to do. Instead of making the perfect apple pie, find a local baker to make one for you or get one from your local grocers freezer.

8. Take Control of Your Time - when you have lists you can better plan your time. Nothing causes more stress than doing things at the last minute.

9. Just Say No - to extra commitments, a second helping of food or more to drink. You don't have to have the party at your house this year. Find another location and let someone else make the plans.

10. Learn to Let Go - It's okay not to do everything on your list. Prioritize and put the most important things at the top. Put those things you would like to get done, but aren't mandatory at the bottom. If you get to them, that's great. If not, that's okay too.

11. A Change of Scenery Works Wonders - Do something different this year. If you normally stay home for the holidays, why not take a trip. If you live in a warm climate, go to a place where it snows, and vice-versa. Take a drive to the country or the city. Visit friends and family.

12. Take time to Smell the Roses - A walk in the garden can clear your head and fill your heart with gladness. Spend time with those you love. Share memories and laugh together. This is what creates memories for the future. Establish your own traditions.

13. Be Grateful – Be thankful for all you have instead of focusing on all those things you want or would like to have. Go caroling. Find a family that is less fortunate than yours and offer to make them a holiday meal or decorate a tree for them or get them a special gift. Helping others helps us feel that sense of gratitude for all the blessings we have in our lives and truly enjoy the magic of the season.

When you are beginning to get stressed, these tips can help you overcome that feeling. Learn not to worry about things of which you have no control. Smile more. Laugh. Spread holiday cheer. The more cheer you spread to others the more it comes back to you. Remember that the best gifts are free. Focus on what's really important and only do those things that give your life meaning and stop doing those things that you don't even enjoy doing. Make time to connect with others. Your time, your talent and your treasures will help you enjoy this holiday season.



Health District News

New Website:

NVHD rolled out its new website in November! Log on to www.nvhd.org and navigate through to find information on environmental health, community health, and emergency preparedness. Use the site as a resource, read through monthly e-bulletins, and sign up for email notifications. It's your community and your health, so be in the know!

NVHD in the New Haven Register:

Check out this article about NVHD's response to the anthrax attacks back in 2001:

[Anthrax attacks were a wake-up call, with efforts continuing today](#)

Legal Notices:

- Naugatuck Valley Health District hereby gives notice that a hearing will be held on the proposed revisions to its Public Pool Code and to its Subsurface Sewage Disposal Code on Tuesday, January 10, 2012, at 6:45 PM in its 2nd Floor Conference Room, 98 Bank St, Seymour, CT 06483. Phone 203-881-3255 from 8:30 AM to 4:00 PM, Monday through Friday except holidays for copies.
- Naugatuck Valley Health District hereby gives notice that its Financial Statements for the Year ended June 30, 2011 are on file to the public for viewing in the NVHD Offices, 98 Bank Street, Seymour, CT.



Naugatuck Valley Health District

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Upcoming Events

EVENT	DATE	DAY & TIME	LOCATION
NVHD Flu Clinics	December 7, 2011	Wednesday	Naugatuck Valley Health District 98 Bank Street, Seymour
Walk Ins Welcome	December 14, 2011 December 21, 2011	9:00 to 11:00AM and 1:00 to 3:00 PM	Medicare B, Anthem BC/BS, or \$10 Cash or Check
Community Flu Clinics	December 5, 2011 December 8, 2011	Monday 3:30 to 5:30 PM Thursday 10:30 AM– 12:00 PM 4:30 PM to 6:00 PM	Whittemore Library Church Street, Naugatuck Huntington Branch Library, Shelton Plumb Memorial Library, Shelton