



## Naugatuck Valley Health District

98 Bank Street Seymour, CT 06483  
T: 203-881-3255 F: 203-881-3259 W: [www.nvhd.org](http://www.nvhd.org)

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### PRESS RELEASE

#### **The Naugatuck Valley Health District celebrates National Public Health Week 2019, April 1, 2019 – April 5, 2019**

“During the first full week of April each year, the American Public Health Association (APHA) brings together communities across the United States to observe National Public Health Week (NPHW) as a time to recognize the contributions of public health and highlight issues that are important to improving our nation's health.” ([APHA](#), 2019). The APHA has identified the following public health topics for this year's National Public Health Week:

Monday, April 1, 2019	Healthy Communities
Tuesday, April 2, 2019	Violence Prevention
Wednesday, April 3, 2019	Rural Health
Thursday, April 4, 2019	Technology and Public Health
Friday, April 5, 2019	Climate Change

Join Naugatuck Valley Health District in observing NPHW 2019 and become part of a growing movement to create the healthiest nation in one generation! During the week, we will celebrate the power of prevention and champion the role of a strong public health system. We are excited to announce the following community events during NPHW 2019. All community members are invited! Please monitor our website ([www.nvhd.org](http://www.nvhd.org)) and our social media pages ([Facebook](#), [Twitter](#) and [Instagram](#)) for health-related tips, facts and any inclement weather updates.

#### **All Week: Valley Letterbox Challenge**

NVHD would like to challenge you to participate in a unique activity called letterboxing. Our letterboxing series includes some public health information, it's fun and a great excuse for you to get some fresh air and exercise. You, your family and friends will seek out small hidden boxes that are planted in local public parks. The boxes are found by following a series of clues. Each box contains a logbook that you can sign and date and a unique hand-carved stamp that you can stamp into your own personal logbook. We will post a new clue each day during Public Health Week (letterboxing clues are also hosted by [atlasquest.com](http://atlasquest.com) and [letterboxing.org](http://letterboxing.org)).

We encourage participants to share a photo of their adventure with us by tagging us and using the hashtag #ValleyLetterboxChallenge. Photos may be shared on the Naugatuck Valley Health District's [Facebook](#), [Twitter](#) and [Instagram](#)!





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### **Monday 4/1: Learn about NVHD's Lead and Healthy Homes Programs**

Did you know that NVHD has grant funding available to make homes safe from lead and safety hazards? Attend this event to learn more about the dangers from lead hazards, lead poisoning and prevention, and to see if you qualify for our Naugatuck Valley Emends Lead (NauVEL) Program! This program will be held at the Echo Hose Community Training Facility (430 Coram, Ave., Shelton, CT 06484) at 9:30AM. A light breakfast will be served. RSVP to Carol by email [csajda@nvhd.org](mailto:csajda@nvhd.org) or by phone at 203-881-3255.

### **Tuesday 4/2: Narcan Training**

Join us for a Community Narcan and Opioids Training from 5:30-7:00PM at the NVHD office (98 Bank Street, Seymour, CT 06483). A limited supply of Narcan kits are available from the NVHD and Naugatuck Valley Medical Reserve Corps' Naugatuck Valley Overdose Prevention & Education (N.O.P.E.) Campaign. Please register online at <https://bit.ly/2YxsXqA>.

### **Friday 4/5: Vector-Borne Diseases Walk and Talk**

NVHD and the Kellogg Environmental Center invite you for a 1-hour guided nature walk beginning at the Kellogg Environmental Center (500 Hawthorne Ave., Derby, CT 06418). The walk will begin promptly at 12:00PM and conclude by 1:00PM. Learn about ticks and mosquito prevention and more! Registration is not required, but preferred: <https://bit.ly/2HMw74r>.

### **Naugatuck Valley Medical Reserve Corps**

A great way to give back to the community and to increase your own knowledge and skills is by volunteering. The Naugatuck Valley Health District and Echo Hose Ambulance Company established the Naugatuck Valley Medical Reserve Corps (NVMRC) in 2012. No medical background is required. Join the NVMRC today to begin strengthening your emergency preparedness and response capability or join one of our special projects to help support public health activities in the Valley! For more information or to apply, please visit [www.nvmrc.com](http://www.nvmrc.com) or contact Unit Coordinator, Dave at [dheiden@nvhd.org](mailto:dheiden@nvhd.org).

We hope to see you at our events during National Public Health Week 2019!

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