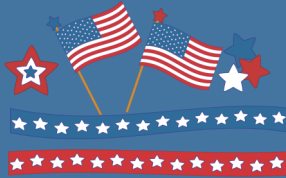


Naugatuck Valley Health District



Proudly Serving: Ansonia, Beacon Falls, Derby, Naugatuck, Seymour and Shelton

July 2019



Newsletter

Stay Safe While Swimming This Summer!

SPOTLIGHT

Summer Safety Edition

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- ⇒Leave Fireworks to The Professionals (2).
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Contact Us At
NVHD

98 Bank Street
Seymour, CT 06483
Phone: (203) 881-3255
www.nvhd.org

Are you following us on
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@naugvalleyHD

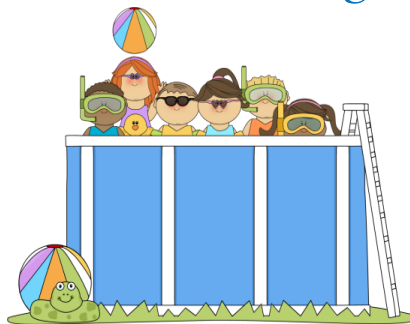


Swimming is one of the most popular sports activities in the United States, and just 2.5 hours of water-based (or other forms of) physical activity per week has health benefits no matter your age.

As with any physical activity, we maximize the health benefits when we each do our part to minimize the risk of illness and injury.

Diarrhea and Swimming Don't Mix!

The pool is the last place you should be if you are sick with diarrhea. Most swimming-related outbreaks reported to CDC are caused by diarrheal germs. Outbreaks linked to swimming are increasing and are particularly hard to control, because the germ is not easily killed by chlorine. That's why it's so important not to swim or let your kids swim if sick with diarrhea. Just one diarrheal incident in the water can release millions of germs. If someone swallows a mouthful of the water, it can cause diarrhea lasting up to 3 weeks. We all share the water we swim in. Swimmers should take simple steps to protect themselves, their friends, and family from germs that cause diarrhea when heading to the pool this summer: Don't swim and don't let children swim when sick with diarrhea. Don't swallow the water. Shower before you get in the water. Rinsing off in the shower for just 1 minute helps get rid of any germs that may be on your body. Take kids on



bathroom breaks. Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.

Prevent Injury

Staying safe in and around the water is important, too. Drowning is a leading cause of unintentional injury death among children 1–14 years old. In fact, drowning kills more young children aged 1-4 years more than anything else except birth defects.

Check the pool!

Well maintained pools are less likely to spread germs. Injuries and drownings are less likely in pools that have trained staff and adequate safety equipment. Before you swim, you can check the pool yourself using the following checklist: Check the pool's latest inspection results. Make sure the drain at the bottom of the deep end is visible. Check that the drain covers at the bottom appear to be secured and in good repair. Use pool test strips to make sure the water's pH and free chlorine or bromine concentration are correct. Check for a lifeguard. If no lifeguard on duty, check to see where safety equipment, such as a rescue ring or pole, is available. Make sure no chemicals are out in the open.

Remember: Think Healthy. Swim Healthy. Be Healthy!

Source: www.cdc.gov

Camping is a fun way to get family and friends together to enjoy the outdoors. Take a few minutes to help ensure your camping trip is **safe and healthy**.

- Ask your health care provider if you are up-to-date on recommended vaccinations before your camping trip. Make an appointment to get them if needed.
- Pack healthy snacks, water, adequate clothes, and a first-aid kit.
- Never leave a campfire unattended. Before you leave, be sure you put out your campfire completely.
- Put on protective gear, such as helmets, sturdy shoes, and life jackets, depending on the activity.
- Prevent carbon monoxide poisoning. Never use fuel-burning equipment, such as gas stoves, heaters, lanterns, and charcoal grills, inside or near a tent, camper, or other enclosed shelter.
- Some wild animals carry diseases that are dangerous to people. Enjoy watching wild animals from a safe distance in their natural surroundings.
- Put on insect repellent containing 20% or more DEET.
- Wear light colored clothing so you can see ticks better. Check yourself, your family, and your pets for ticks, and remove them promptly. Protect yourself from the sun. Put on sunscreen with at least SPF 15, and cover up with clothing, a wide-brimmed hat, and sunglasses.

www.cdc.gov



Leave the Fireworks To Professionals!

Fireworks-related injuries are most common on July 4 and New Year's Eve. Fireworks can cause death and injury, including burns, contusions, lacerations, and foreign objects in the eye. Make the choice to protect yourself and your family from fireworks injuries.

- Never allow young children to play with or ignite fireworks.
- Always have an adult supervise fireworks activities.
- Avoid buying fireworks packaged in brown paper, which often means they were made for professional displays and could be dangerous for consumers.
- Make sure you, your kids, and others watch fireworks displays from a safe distance.

Call 911 immediately if someone is injured from fireworks.



www.cdc.gov

Flu Clinic:

Flu shots are given at NVHD by appointment, 203-881-3255, ask for Kristin.

Insurance accepted:

Aetna, Cigna, Anthem, Connecticutcare and Medicare Part B

Immunization Clinic:

Vaccines for adults and children are available by appointment only, call 203-881-3255, ask for Kristin.

Lead Program for

Children: Children up to age 6 are screened for lead by their doctor. Education, case management, physician referral, environmental investigations are provided for children with high lead levels. Call Jamie for more information at 203-881-3255.

NauVEL:

Grants available to remove lead hazards from your home. For eligibility and applications call Carol at 203-881-3255.



On Thursday June 27th, NVHD in partnership with the City of Shelton, held a **Point of Dispensing (POD) exercise** to test our Public Health Emergency Preparedness plans. The exercise simulated the distribution of medical countermeasures to the public and involved many local and state agencies, including Shelton Emergency Management, Shelton Police, Echo Hose Ambulance Co., CT DPH, CT Region 2 DEMHS, and many others. Members of the NVHD along with volunteers from the NVMRC, and over 70 participants from our partner agencies staffed the POD and also participated as mock patients receiving countermeasures. The exercise was successful as all objectives were met, and our plans will continue to improve based on this experience.

Red, White and Blue-Berry Cupcakes

Perfect for the Fourth of July!

www.skinnytaste.com

Mini cheesecake cupcakes made with Greek yogurt and cream cheese with a vanilla wafer crust topped with strawberries and blueberries to create a red, white and blue dessert using Mother Nature as my source for food coloring.

Ingredients

- 12 reduced fat vanilla wafers
- 8 oz 1/3 less fat cream cheese (softened)
- 1/4 cup sugar
- 1 tsp vanilla
- 6 oz fat-free vanilla Greek yogurt
- 2 large egg whites
- 1 tbsp all-purpose flour
- 8 oz strawberries (hulled and sliced thin)
- 8 oz blueberries

Instructions

Heat oven to 350°.

- Line cupcake tin with liners. Place a vanilla wafer at the bottom of each liner.
- Gently beat cream cheese, sugar and vanilla until smooth using an electric mixer.
- Gradually beat in fat free yogurt, egg whites, and flour. Do not over beat.
- Pour into cupcake liners filling half way.
- Bake 20-25 minutes or until center is almost set.
- Cool to room temperature then chill at least 1 hour in the refrigerator.
- Before serving, top with fresh strawberries and blueberries.

