

# Naugatuck Valley Health District



August 2019

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



National Immunization Awareness Month

#ivax2protect

## Newsletter

### It's National Immunization Awareness Month! Is Your Family Up to Date on Vaccines?

**August is National Immunization Awareness Month (NIAM).** This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases [like whooping cough, cancers caused by HPV, and pneumonia] with vaccines.

During NIAM, Naugatuck Valley Health District encourages you talk to your doctor, nurse, or other healthcare professional to ensure [you, your child, your family] are up to date on recommended vaccines.

We also encourage you to visit CDC's [Interactive Vaccine Guide](#), which provides information on the vaccines recommended during pregnancy and throughout your child's life.

As your children head **back to school** this fall, make sure vaccination is at the top of your checklist. August is also a key time to make sure you are up to date on all the vaccines you need to stay healthy. Use CDC's [adult vaccine assessment tool](#) to see which vaccines might be right for you.



During NIAM, Naugatuck Valley Health District will be sharing information and resources on social media to highlight the importance of vaccines. Help us spread the word! Follow the conversation on our Facebook, Instagram and Twitter pages, and use **#ivax2protect** to share why you choose to vaccinate.

#### **Did You Know?** NVHD offers immunization clinics for children's vaccines.

We do not accept insurance for children's immunizations. For children under 18, the first vaccine is \$20 and any additional vaccines are \$10. Children who have Husky insurance will receive vaccines for free. All vaccine records and a note from your child's school nurse or physician is required for immunizations.

**Please contact our nurse, Kristin (203) 881-3255, to make an appointment today!**

#### SPOTLIGHT

⇒ National Immunization Awareness Month (1)

⇒ Healthy Back-to-School Tips (2)

⇒ In Season Fruits & Veggies! (3)

Contact Us At  
NVHD

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

Are you following us on  
SOCIAL MEDIA?

@naugvalleyHD  
#naugvalleyHD



## Healthy Back to School Tips

*From packing healthy lunches to fitting in family physical activities, keep your kids on the right track this school year*

### Reduce Screen Time!!

Kids spend a big part of their day sitting in the classroom, so you can help your children spend less time in front of the TV, computer, and video games—and more time having fun as a family— with these tips:

1. **Turn off the TV** during meal time and talk with your children about what they learned in school that day. Families who eat together tend to eat healthier.
2. **Limit screen time** to two hours each day for children 2 or older.
3. **Suggest playing outside** after school and join in the fun.
4. **Turn on some music** and have a family dance party.
5. **Be a good role model.** If you reduce your screen time and move more, your kids will too.



Source: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

### Eat Right.

Learn the ABCs of saving calories and money when you shop for groceries to pack your kids' lunches.

**A**lways use ads and store bonus cards, which may offer discounts on healthy foods like fruits and vegetables.

**B**uy produce in season to cut costs. Fall is often the best time of year to find a wide range of local produce.

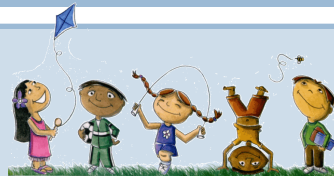
**C**ompare brands and package sizes to find the best buy. Be sure to read the Nutrition Facts on packages food to choose products with lower numbers for calories, saturated fats, sodium and sugars.

Turn food shopping into family time after school or on the weekends! Bring your kids along and teach them to look out for health choices.



### Get Active.

Kicking off the school year can be a busy time, leaving little room for physical activity. These three steps can help you find time to be active as a family.



1. Keep track of how your family spends time for one week.
2. Start small. Fine two 30-minute time slots when your family can be active together after school or on the week-ends.
3. Get going. Try these great tips:
  - Walk your kids to school
  - Ride bikes after dinner
  - Play baseball
  - Jump rope

***"Kids need to be active 60 minutes a day, at least 5 days a week!"***

### Flu Clinic:

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

### Insurance accepted:

*Aetna, Cigna, Anthem, Connecticutare 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.

# PRODUCE IN SEASON by the month



## JAN

broccoli  
cabbage  
cauliflower  
leeks  
grapefruit  
lemons  
oranges  
papayas  
tangerines

## FEB

broccoli  
cauliflower  
grapefruits  
lemons  
papayas

## MAR

broccoli  
lettuce  
mangoes  
pineapples

## APR

artichokes  
asparagus  
broccoli  
lettuce  
rhubarb  
spring peas  
zucchini  
mangoes  
pineapples

## MAY

artichokes  
asparagus  
broccoli  
lettuce  
okra  
rhubarb  
spring peas  
zucchini  
apricots  
cherries  
pineapples

## JUN

corn  
lettuce  
apricots  
blueberries  
cantaloupe  
cherries  
peaches  
strawberries  
watermelon

## JUL

corn  
cucumbers  
green beans  
lettuce  
summer squash  
tomatoes  
apricots  
blueberries  
cantaloupe  
kiwis  
peaches  
plums  
raspberries  
strawberries  
watermelon

## AUG

corn  
cucumbers  
eggplants  
green beans  
lettuce  
summer squash  
tomatoes  
apricots  
blueberries  
cantaloupe  
kiwi  
peaches  
plums  
raspberries  
strawberries  
watermelon

## SEP

eggplant  
lettuce  
pumpkin  
spinach  
tomatoes  
grapes  
pomegranates

## OCT

broccoli  
lettuce  
pumpkins  
spinach  
sweet potatoes  
winter squash  
apples  
cranberries  
grapes  
pomegranates

## NOV

broccoli  
mushrooms  
spinach  
sweet potatoes  
pumpkins  
winter squash  
cranberries  
oranges  
tangerines  
pears  
pomegranates

## DEC

broccoli  
cauliflower  
mushrooms  
sweet potatoes  
grapefruit  
oranges  
papayas  
pears  
pomegranates  
tangerines