

Naugatuck Valley Health District



September 2019

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



Newsletter

SPOTLIGHT

- National Preparedness Month
- NVHD Health and Safety Fair
- Flu Clinic Dates

Contact Us At
NVHD

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

Are you following us on
SOCIAL MEDIA?

@naugvalleyHD
#naugvalleyHD



September is National Preparedness Month!

The **Naugatuck Valley Health District** will be participating in National Preparedness month with social media posts, activities and trainings in the community. The theme for 2019 is **"Be Prepared, Not Scared"**.



Make a Plan.

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect our area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find. Pet owners must also prepare their pets for emergencies.

Step 1: Put together a plan by discussing these 4 questions with your family, friends, or household to start your emergency plan.

1. *How will I receive emergency alerts & warnings?*
2. *What is my shelter plan?*
3. *What is my evacuation route?*
4. *What is my family/household communication plan?*

Step 2: Consider specific needs in your household. Keep in mind some these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

Step 3: Fill out a Family Emergency Plan.

Download and fill out a family emergency plan or use them as a guide to create your own at:
<https://www.ready.gov/make-a-plan>

Step 4: Practice your plan with your family/ household.

Build a Kit.

Make sure your emergency kit is stocked with the items on the checklist below.

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for at least **72 hours**. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

A basic emergency supply kit could include the following recommended items:

- Water: 1 gallon per person per day for at least 3 days
- Food: at least 3 day supply of non-perishable food
- Battery-powered or hand-crank radio
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Manual can opener for food
- Wrench or pliers to turn off utilities
- Local maps
- Cell phone with chargers and backup power supply

www.ready.gov

News and Events

NVHD is having their 1st Annual Health and Safety Fair on October 5th, 2019! This event is from 9-12 at the *Echo Hose Ambulance Training Center in Shelton*.

This event is completely **FREE!** We will be having **FREE flu shots**, multiple trainings, blood pressure screenings and bring the little ones to "Touch a Truck".

We are also raffling off a Fitbit Alta HR to one lucky winner

**entry eligible with flu shot.*

The Naugatuck Valley Health District and
Echo Hose Ambulance Company Present the **1st Annual**

HEALTH + SAFETY FAIR



Fitbit Alta
HR Raffle!
Entry with Flu Shot

SATURDAY, OCTOBER 5TH, 2019

From: 9:00 AM – 12:00 PM

Echo Hose Training Center, 430 Coram Ave, Shelton, CT

JOIN US FOR...

Free Community Trainings!

- Narcan Training
- Hidden In Plain Sight
- Hands-Only CPR
- Stop The Bleed
- Blood Pressure Screenings

*FREE Flu Shots!

- *With Most Insurance
- Accepted Insurances: Aetna, Cigna, Anthem, ~~Sevens~~ Connecticare and Medicare Part B
- Cash or Credit Card accepted with no insurance
- Children over 4 years old accompanied by a parent.

Fun Family Activities!

- Meet the Fire Department and "Touch a Truck"!
- Arts and Crafts
- Raffle Prizes and more!



****If you cant make our Health and Safety Fair on October 5th for your flu shot, make sure to stop by one of our many clinics this FLU Season.**

NVHD will be holding several **Flu Clinics** in October Come Get Your Flu Shot!

- 10/1/19 —Naugatuck Senior Center from 9:00 to 11:00 AM.
- 10/4/19 —Seymour Community Center from 9:00 AM– 11:30 PM.
- 10/5/19 —NVHD Health Fair, 420 Coram Ave, Shelton 9-12:00.
- 10/10/19— Ansonia Senior Center from 11-1 PM.
- 10/11/19— Derby Senior Center from 9-11 AM.
- 10/23/19— Shelton Senior Center from 9:30-12.



The Health District accepts the following insurances; Aetna, Cigna, ConnectiCare, Anthem Blue Cross/Blue Shield, and Medicare Part B. There is no copay to those who have insurance. We are not able to accept Medicare Advantage plans, Oxford or United HealthCare. Those who are eligible should bring the proper insurance cards. The cost of the flu vaccine for those who do not have insurance is \$35 for the quadrivalent vaccine, and \$65 for the high dose vaccine for those 65 years and older. Acceptable forms of payment are cash, debit or credit card.

Flu Clinic:

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

Insurance accepted:

Aetna, Cigna, Anthem, Connecticare 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.