

Seymour

Location: Fountain Lake Reservoir
(Birmingham Blvd, Seymour/Ansonia)
Parking: Public Parking available.



EMERGENCY PREPAREDNESS BE PREPARED, NOT SCARED!

Emergencies can happen anywhere and at any time. That's why it is important that you and your family are prepared! Take time to make a written plan, consider the specific needs you might have in an emergency, and build emergency supply kits.



GO BAG

Prepare a "Go Bag" for every person in your household and include a collection of items that you would want to have if you had to leave in a hurry.



CAR EMERGENCY KIT

Prepare a "Car Emergency Kit" with automobile extras for your car in case you are ever stranded.



HOME EMERGENCY KIT

Prepare a "Home Emergency Kit" that has enough supplies for you and your household for at least 3 days!

Clues: Enter the path by the welcome sign.

Pass by the fishing dock on the right. Continue the path bearing to the left. Take a seat at the picnic table to enjoy the beautiful lake.

Continue on the path. When the path splits continue toward the right around the lake. When you turn the bend, notice a series of 2 sister trees. Stop at the first one and turn left. Straight ahead you'll see a 2 sister tree with a large hole at the bottom. The box is located in that hole.

Either turn back the way you came or continue on this path around the lake, which will lead back to the parking lot.

Tips: Bring your own ink, be discreet, & don't forget to re-hide the box!



Tag #ValleyLetterboxChallenge with your picture when you find it!

Find all six boxes by following the clues at www.nvhd.org, NVHD's social media pages, atlasquest.com, or letterboxing.org



The Naugatuck Valley Health District has been nationally accredited since 2015 and proudly serves Ansonia, Beacon Falls, Derby, Naugatuck, Seymour, and Shelton.



Shelton

Location: Pine Lake Trailhead
(Shelton Ave, Shelton)

Parking: Public Parking available.



MENTAL HEALTH

A HEALTHY MIND IS AN ASSET!

Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

If in crisis, please use the National Suicide and Crisis Lifeline by calling or texting 988 .

For more information & resources on mental health, here is the link to the Connecticut Department of Mental Health and Addiction Services: <https://portal.ct.gov/dmhas>

Clues: Park in the lot located on Shelton Avenue.

Enter the path and cross the wooden bridge. Follow the pine path approximately 0.15 miles from the end of the bridge. Take the narrow path leading to the lake. The box is located in the back side of a large leaning tree that is facing the lake.

This path continues on crossing Meadow Street toward Shelton Intermediate School. Either continue on or turn back (this path doesn't loop around).

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Derby

Location: Osbornedale State Park
(Chatfield Street, Derby)

Parking: Public Parking available



MOSQUITOES

SMALL BITE, BIG THREAT!

Mosquitoes are a common nuisance and tend to live near forests and tall grass - though their lives begin near water, where female mosquitos lay their eggs. When mosquitoes consume blood from a host with a virus or disease, they can spread the illness to other animals/humans whose blood they feed on. Mosquitoes are known to carry diseases such as malaria, yellow fever, west Nile virus, and viral encephalitis.

How to protect yourself from mosquitoes:

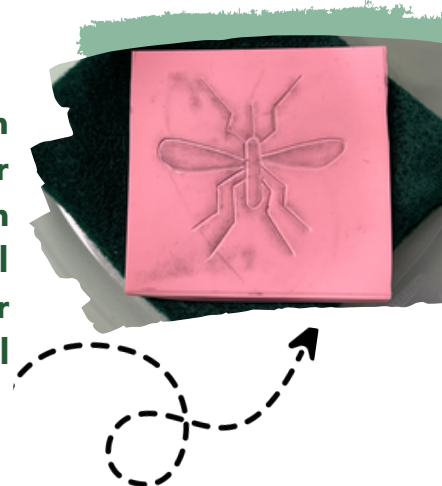
- Avoid outdoor activity when mosquitoes are most active - at dusk and dawn.
- Apply mosquito repellent to bare skin and clothing - look for repellents with DEET or picaridin.
- Protect boats and vehicles from rain with tarps that won't accumulate water.
- Drain standing water from water-holding containers or items on your property such as discarded tires, trash bins, flowerpots, etc.
- Clean and chlorinate pools and spas frequently.

Clues: When you pull into Osbornedale continue straight up the driveway until you get to the end of the road. Park in the gravel lot on your left. Enter the path & keep left toward the pond for approximately 0.15 miles, while counting approximately 6 trees with red markings on the left side of the path. Continue on the path until you see a tall/skinny tree on your left and a leaning tree on your right, just before the path narrows. The box is located behind a tall tree facing the pond with a red marking.

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Ansonia

Location: Ansonia Nature & Recreation Center
(Deerfield Road, Ansonia)

Parking: Public Parking available



NUTRITION AND EXERCISE MOVE MORE, SIT LESS!

Get up and move throughout the day; any activity is better than none. Adding some intensity will make your heartbeat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and intensity to get more benefits. Don't forget to add in moderate to high intensity muscle strengthening activities such as weights training a few times a week.

Physical activity is one of the best ways to keep your body and brain healthy. It relieves stress, improves mood, gives you energy, helps with sleep and can lower your risk of chronic disease.

- Take a short walk on your lunch break
- Incorporate yoga or stretching into your daily routine
- Play outside with kids or pets

Clues: Park in the lot located in front of the visitor center. Walk toward the building, continue until you are facing the playscape, and take a right. Walk until you see a set of stairs on your left, continue down the stairs, across the bridge, and turn left. Continue around the pond as you pass a pavilion, pond house, and a park bench. The box is located at the bottom of a leaning tree next to the pond.

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Beacon Falls

Location:

(Street address, Beacon Falls)

Parking: Public Parking available



HEART HEALTH

A HEALTHY HEART KEEPS YOU STRONG!

Heart disease is the leading cause of death in the United States. You can lessen your risk of heart disease through lifestyle changes and in some cases, medication. Learn what you can do to lower your risk and manage conditions that lead to heart disease.

7 strategies to live a heart healthy lifestyle:

1. Learn your health history.
 - Know your risks and talk to your doctor about your family medical history.
2. Eat a healthy diet.
 - Add more fruit, vegetables, whole grains, lean meats, and low-fat dairy products to your daily meals. The American Heart Association approves of the Plate Method.
3. Choose drinks wisely. Substitute water for sugary drinks to reduce calories.
4. QUIT Smoking.
5. Take Medicine as directed.
6. Move more, sit less.
 - Get at least 150 minutes of moderate-intense aerobic activity every week, PLUS muscle-strengthening activities at least 2x a week.
7. Monitor your Blood Pressure at home.
 - Have a self-measured blood pressure monitor at home and write down your blood pressure readings to discuss them with your doctor.

Clues:

Travel along Pent Road towards Beacon Falls Recreational Park. At the park entrance will be a fork - make a slight right to continue down the hill, towards the baseball fields. Begin facing the baseball field directly across from where you drove in. Walk to a paved path that begins behind this field's home base. Continue along the path, - rounding a second baseball field. As you approach the third field, make a slight left at the big, out of place pine tree. Continue along the same path, noticing a green bench to your right up ahead. As you approach the bench, you'll find a three sister tree with her two front stumps cut. This tree will be on your left, with the letterbox inside!

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Naugatuck

Location: Hop Brooke?
(Street, Naugatuck)

Parking: Public Parking available



COVID-19 GUIDELINES

STOP THE SPREAD!

SARS-CoV-2 is the virus that causes the disease known as COVID-19; since 2020, there have been many variants of this virus, and more will likely emerge in the future.

Some ways you can help prevent the spread of COVID-19 in your community include:

- Staying up to date on vaccinations.
- Wearing a mask if you feel ill.
- Isolating from others if you test positive.

If you have recently come in contact with someone who tested positive for COVID-19, and/or you're experiencing COVID-like symptoms, you should confirm the most recent public health guidance by contacting your local health department or visiting the CDC website at www.cdc.gov/coronavirus.

Remember: Isolation means that, as someone with a confirmed case of COVID-19, you avoid contact with other people to the best of your ability, both in and outside the home; this usually means staying home from work/school, remaining in one designated area of your home (with access to your own bathroom, if possible), and using your own utensils and personal hygiene items.

Clues:

Park in the gravel lot on the side of Straits Turnpike, between the Middlebury/Waterbury/Naugatuck town lines. It is marked by a large yellow gate! Enter the path beyond the yellow gate. The path will fork twice as you make your way down the hill - continue left at both. As you emerge from the wooded path, you'll see a bench facing the reservoir. Continue left on the gravel trail until you reach a pavilion, which will be on your right. Directly across, to your left, will be three picnic benches and a grill. Enter the West Trail behind them. You'll soon pass an unusually dark tree on your right. As you venture further along the trail, there will be two big rock formations to your left - one after the other. Soon after, you'll find a huge, moss-covered rock with a tree trunk growing into its side! Here, you'll find the letterbox.



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