



# Naugatuck Valley Health District



## HAPPY INDEPENDENCE DAY!

JULY 2023

### NVHD HEALTH ANNEX CLINIC SCHEDULE JULY 2023



### NVHD Celebrates Juneteenth

On Saturday, June 17th NVHD and Griffin Hospital staff participated in the first annual Juneteenth event, hosted by All in For Oxford/Seymour at Quarry Walk in Oxford.

Juneteenth is the celebration of the emancipation of slaves, culminated by the arrival of federal troops in Galveston, Texas on June 19th, 1865, taking the state and ensuring the freedom of those remaining enslaved.

In 2021, President Biden made June 19th a federal holiday, with celebrations spreading across cities and states.

The event, the first for Oxford and Seymour, included speakers, dance demonstrations and music. Secretary of State Stephanie Thomas (pictured below), the first African American woman to hold the position in Connecticut, stopped by to speak to those that gathered in honor of the day.



\*On 4/19/23 the FDA approved a second bivalent booster for those 65 and older

For Covid-19 vaccinations, please make an appointment by calling Kristie D'Averso, NVHD Public Health Nurse at 203-881-3255, ext. 108

### NVHD accepts the following insurance:

- Aetna
  - Anthem Blue Cross/Blue Shield
  - Cigna
  - Connecticare
  - Medicare Part B
  - Medicaid
- Don't forget your card!

We regrettably are unable to accept Medicare Advantage plans Oxford or United Healthcare

No insurance, no problem!  
Vaccine Pricing

|                  |      |
|------------------|------|
| Quadrivalent     | \$35 |
| Flublok          | \$70 |
| Covid-19 Booster | FREE |



## July Healthy Valley Spotlight

### NVHD Art Contest

In April, NVHD held the second annual Valley wide art contest in support of National Public Health Week, inviting children in the Naugatuck Valley 5 to 18 years of age to participate.

All entries had to include one of our public health themes: mental health, food safety, or vaccinations. We received 41 entries from across the Valley towns that were judged by NVHD staff. Although it was tough to choose from the amazing entries we received, nine winning pictures, three from each age group, were selected. Pictured below are the 1st place winners from each age category along with their artwork. Each received a \$25 gift to various Valley businesses, as well as a goody bag from NVHD. Help us celebrate these budding artists!



1st Place Winner 5-8 yr old  
Mackenzie Wandel of Seymour



1st Place Winner 9-12 yr old  
Aubrey Cummings of Seymour



1st Place Winner 13-18 yr old  
Maria Camoira of Ansonia



## UPCOMING NVHD EVENTS-JULY-SEPTEMBER 2023

### 01

The NVHD community health team will be attending the grand opening of the Ansonia Senior Center, Thursday, July 6th from 12:30 to 3:30.

The team will provide information on community health programs available through the district. Stop by our table for a visit!

### 02

NVHD will be hosting a virtual QPR Suicide Prevention Gatekeeper training, Thursday August 10, 2023 at 6:00pm.

For more information, please see the attached flyer or contact Lisa Trupp, Health Educator at 203-881-3255, ext. 108 or [ltrupp@nvhd.org](mailto:ltrupp@nvhd.org)

### 03

The NVHD Community health Education team will be offering a free Matter of Balance, Falls Prevention program at the Naugatuck Senior Center, beginning Thursday, September 26th, at 8:30am.

The eight-week program will run through November 14, 2023. For more information, please contact Lisa Trupp, Health Educator at 203-881-3255, ext. 108.



# Summertime Safety

Keeping Kids Safe from Sun and Smog

If you spend time with kids in the summer, you want to keep them safe while providing fun outdoor experiences. Did you know that over-exposure to the sun and air pollution can pose serious health effects, especially to children? You can take several simple actions to protect kids—and yourself.



## What's the Problem?

Ozone can be protective or harmful, depending on where it is found in the atmosphere. Ozone is a naturally occurring gas in the upper atmosphere (the stratosphere) that protects us from the sun's ultraviolet (UV) radiation. However, certain man-made chemicals released during the last 100 years have destroyed some of this protective ozone. Because there is less ozone in the stratosphere to protect us, it is more important than ever to be safe from the summer sun's rays.

Ozone at ground level (the troposphere) is formed from pollutants emitted by cars, power plants, refineries, and other sources. Ground-level ozone is a primary component of a chemical soup known as "smog." Breathing can be difficult, especially for asthmatics and older adults, when the strong summer sun causes more smog to form. Your chances of being affected by these higher smog levels increase the longer you are active outdoors and the more strenuous the activity.

## Health Effects

Overexposure to UV radiation can cause sunburns now, but also can lead to skin cancer, cataracts, and premature aging of the skin. Because kids spend so much time in the summer sun, and unprotected exposure during youth puts them at increased lifetime risk for skin cancer, protecting kids from the sun is especially important.

Kids and teenagers who are active outdoors—especially those with asthma or other respiratory problems—are particularly sensitive to ground-level ozone. Ozone can cause coughing, throat irritation, and pain when taking a deep breath. It also can reduce lung function, inflame the lining of the lungs, and even trigger asthma attacks the day after ozone levels are high. Repeated inflammation over time may permanently scar lung tissue.

**Ozone:**  
"Good up high, bad nearby."

Check your daily UV Index and Air Quality Index (below), and follow the simple steps on the back of this fact sheet to protect kids' health.

## UV Index (UVI)

| Exposure Category | UVI Range |
|-------------------|-----------|
| Low               | < 2       |
| Moderate          | 3 to 5    |
| High              | 6 to 7    |
| Very high         | 8 to 10   |
| Extreme           | 11+       |

## Air Quality Index (AQI)\*

| AQI Number | Health Concern                 | Color Code |
|------------|--------------------------------|------------|
| 0 to 50    | Good                           | Green      |
| 51 to 100  | Moderate                       | Yellow     |
| 101 to 150 | Unhealthy for sensitive groups | Orange     |
| 151 to 200 | Unhealthy                      | Red        |
| 201 to 300 | Very unhealthy                 | Purple     |

\*Ozone reports are usually only for metropolitan areas, but ozone blown by the wind can also create health problems in rural areas.

## The UV Index

Developed by EPA, in partnership with the National Weather Service, the UV Index is a daily forecast of the strength of the sun's UV radiation on a scale of 0–11+.

The higher the number, the greater the potential for damage to the skin and eyes, and the less time it takes for harm to occur.

### Actions You Can Take

- **Model SunWise behavior.**

- **Teach kids to Slip, Slop, Slap, and Wrap:**

**Slip on a shirt.** Less skin exposed means less skin damage.

**Slop on sunscreen.** Twenty minutes before heading outside, generously apply products of at least SPF 15, and re-apply every 2 hours or after swimming or sweating.

**Slap on a hat.** Find a hat you like and wear it.

**Wrap on sunglasses.** Look for ones that block 99–100% of UVA and UVB rays.

- **Seek shade.** Especially when the sun is most intense, from 10 a.m. to 4 p.m. Rotate players to allow breaks in the shade. This is most important when the UV Index is 6 or above.
- **Check the UV Index.** Find out the risk every day.
- **Get SunWise Certified.**

#### Coaches and counselors:

Get free training on-line:  
<http://cfpub.epa.gov/sunwiserec/>

**Parents:** Encourage those looking out for your kids to get certified to demonstrate their knowledge of safety procedures.



## The Air Quality Index

The Air Quality Index (AQI) is a scale used by state and local air agencies to report how clean or polluted the air is. Ground-level ozone is one pollutant reported. An AQI under 101 (green or yellow) means the air is acceptably clean, but as it rises into the 101-150 range (orange) people with conditions that make them sensitive to air pollution may be at risk. Air with an AQI over 150 (red or purple) is considered unhealthy for everyone.

### Actions You Can Take

- **When the AQI reports unhealthy levels, limit physical exertion outdoors.**

In many places, ozone peaks between mid-afternoon and early evening. Change the time of day of strenuous outdoor activity to avoid these hours, or reduce the intensity of the activity.

- **Pay attention to symptoms.**

Know how to recognize symptoms of respiratory discomfort, such as coughing, wheezing, and breathing difficulty, and reduce exposure if these occur.

- **Rotate players in physically exerting games.** Rest players to reduce exertion.

- **Provide alternative activities.** Allow kids that have asthma or other respiratory problems to participate in activities that are less physical when pollution levels are high. If pollution levels are particularly high, move physical activities indoors where the air is filtered by an air conditioning system.

- **Be vigilant about asthma management.** People with asthma should have adequate medication on hand and follow their asthma management plans.



### Know the day's UV Index...

#### Visit EPA's UV Index Web Page

[www.epa.gov/sunwise/uvindex.html](http://www.epa.gov/sunwise/uvindex.html)

**Use EPA's widget found on many web sites to get the UVI for your ZIP code**

**Get the free UVI smartphone app from EPA at**

<http://www.epa.gov/enviro/mobile/>

**Check the UV Index on Facebook and share it with your friends**

[http://apps.facebook.com/epa\\_uvindex/](http://apps.facebook.com/epa_uvindex/)

**Check it wherever you get your weather reports: TV, radio, newspaper, and online.**

### To find the Air Quality Index...

#### Visit EPA's AIRNOW Web Page

[www.epa.gov/airnow/](http://www.epa.gov/airnow/)

Choose your state and local area for real-time animated maps, forecasts, and the previous day's peak ozone level.

Check local newspapers or listen to local radio and TV weather forecasts.

#### Visit EPA's EnviroFlash Web Page

<https://enviroflash.epa.gov>

Sign up to receive the daily UV Index, Air Quality Index, and occasional UV Alerts directly by e-mail.

Office of Air and Radiation (6205J)  
EPA 430-F-10-037  
[www.epa.gov/ozone](http://www.epa.gov/ozone)  
September 2010



# HELP US, HELP OTHERS

"T.O.A.M is a nonprofit organization based in Ansonia, CT, that focuses on providing health and hygiene products to those who are struggling with consistent access to personal care, home care, and baby care products."

TRAVELER  
ON A  
**Mission**

WWW.TOAMMISSION.ORG

T.O.A.M distributes personal care products to the homeless, emergencies, and those receiving services from local food pantries to support and improve the health and self-esteem of adults and children in need. You can help make a difference by donating hygiene products to our donation drive or by making a monetary donation to T.O.A.M, which will help this nonprofit organization purchase personal care items, fulfill program needs, and support operating costs to achieve goals! - <https://www.toamission.org/>

## ITEMS MOST NEEDED AT PRESENT:

- **SHAVER'S**
- **DEODORANT**
- **LOTION**
- **BAR OF SOAP**
- **SHAMPOO**
- **CONDITIONER**
- **TOOTHPASTE**
- **TOOTHBRUSH**
- **COMB AND BRUSH**
- **LAUNDRY DETERGENT**
- **FABRIC SOFTENER**
- **TOILET PAPER**
- **UNDERGARMENTS**
- **HAND SANITIZER**
- **SANITARY NAPKINS**
- **LYSOL WIPES**
- **CANVAS BAGS**
- **ACTIVITY BOOKS**

*Please note: T.O.A.M. provides service to families and travel/travel sizes are not needed.*

### IF YOU WOULD LIKE TO MAKE A MONETARY DONATION:

**Cashapp:** \$toamission

**Venmo:** @Toam19

**T.O.A.M Linktree QR Code:**



Naugatuck Valley Health District  
98 Bank Street, Seymour, CT, 06483  
203-881-3255



# NAUGATUCK VALLEY HEALTH DISTRICT

*is holding a*

## HYGIENE DRIVE

### BENEFITING TRAVELER ON A MISSION



## DROP-OFF LOCATIONS:

### **Naugatuck Valley Health District - 98 Bank St, Seymour**

- Mon - Thurs: 8 AM - 4 PM, Fri: 8 AM - 1 PM

### **Seymour Community Center - 20 Pine St, Seymour**

- Mon - Thu: 8AM - 4:30PM, Fri: 8AM - 12PM

### **Derby Senior Center, 293 Main St, Derby**

- Mon - Friday: 8:30am - 3:30pm

### **TEAM, INC. - 30 Elizabeth St, Derby**

- Mon - Fri: 8:30AM - 4:30PM

### **Plumb Memorial Library, 65 Wooster St, Shelton**

- Mon/ Wed/ Fri, 9:30AM - 5pm, Tue/Th, 12PM - 7PM, Sat 9:30AM - 3PM



**JULY 1, 2023- AUGUST 31, 2023**



# Naugatuck Valley Health District

Save a Life with...  
**Question**  
**Persuade**  
**Refer**  
*A Suicide Prevention Program*



Become A Certified  
QPR Gatekeeper!

QPR is like CPR for  
mental health  
emergencies, providing  
hope and assistance until  
help is available.

To register, please go to:  
<https://www.surveymonkey.com/r/TKSFF7Q>  
Or Scan the QR Code



Virtual Training-August 10th, 2023 6:00pm

As a QPR Gatekeeper you  
will learn to:

- Recognize the warning signs of suicide.
- Know how to offer hope.
- Know how to get help and save a life.

For more information,  
please contact  
Lisa Trupp, Health Educator  
203-881-3255, ext. 108  
[ltrup@nvhd.org](mailto:ltrup@nvhd.org)