

# NAUGATUCK VALLEY HEALTH DISTRICT



**Public Health**  
Prevent. Promote. Protect.  
**Naugatuck Valley Health District**



## December 2023

*Happy Holidays!*

### NVHD IN THE COMMUNITY



#### Team, Inc Toys 4 Kids

NVHD, lead by Sanitarian/Housing Code Enforcement Officer Amdanda Michaud, helped facilitate the TEAM, Inc *Toys 4 Kids* toy drive by coordinating toy collection at several sites throughout the Naugatuck Valley. The collection will continue through December 7th, 2023. Please see the attached flyer to find the collection site closest to you. You can also donate directly using the link below:

<https://teaminc.org/toys4kids/>



#### CAP Team Visits Salvation Army

In the spirit of Thanksgiving, the NVHD Covid Action Plan (CAP) team recently visited the Salvation Army in Ansonia to support their visitors in preparing for the upcoming holiday season.

The team not only encouraged everyone to get updated flu and Covid shots but also distributed bags of food to those in need. To ensure that vital information reached a wider audience, we provided informational materials in both English and Spanish, guiding individuals on how and where to access vaccines. Our goal was to support the community in staying healthy and informed during this holiday season.

Below CAP Coordinator Nancy Serrano helps distribute eggs, as Valley residents choose holiday foods.





## DECEMBER HEALTHY VALLEY SPOTLIGHT

# COVID CORNER



During the month of **November**, NVHD saw an increase of positive cases reported by testing facilities and medical offices in the Valley. As we are in the midst of **respiratory disease season**, we encourage all residents to remain vigilant and **stay home when sick**, if possible.

We would also like to remind Valley residents to **please report home test results to NVHD**—this ensures that we record more accurate infection rates and better respond to the community’s needs.

## NOVEMBER



positive adults

positive minors

### **TEST KITS, COMING SOON!**

NVHD will soon have home COVID-19 antigen test kits in stock once again! Keep an eye on our social media for their arrival; if you would like to be put on our waitlist, contact **Paulina** at **(203) 881-3255, ext. 118**.



NVHD monitors the number of people in the Valley who test positive for COVID-19 each month; please note that the numbers here reflect a combination of home tests and lab results reported to us by test sites.

**REPORT POSITIVE TEST RESULTS HERE!**



### **DID YOU KNOW?**

As of Nov. 20th, families are once again able to order **4 free COVID tests** from the US government; in addition, if you did not place an order in the fall, you are eligible for **2 orders** (that’s 8 tests!). To order, head to **www.covid.gov/tests** or call **1-800-232-0233 (TTY 1-888-720-7489)**.



## UPCOMING NVHD EVENTS: DECEMBER 2023-JANUARY 2024

### 01

#### **Chronic Pain Self-Management Program**

NVHD will be offering a free, in-person, six-week chronic pain self-management program on Tuesdays from 8:30am to 11:00am at the Naugatuck Senior Center, 300 Meadow St., Naugatuck, CT.

This session begins January 16th, 2024 and goes through February 20th.

### 02

#### **Matter of Balance Falls Prevention Program**

The NVHD Community Health Education team will be offering a free Matter of Balance Falls Prevention program at the Shelton Senior Center, beginning Friday, January 19th, 2024 at 9:30am.

The eight-week program will run through March 8th, 2024. For more information, please contact the Shelton Senior Center at (203) 924-9324

# MAINTAIN A HEALTHY HOME

## #1 Keep it CLEAN

- Reduce clutter and discard useless items. NEVER allow clutter to build up around doors or windows.
- Discard trash daily in garbage receptacles. Do not leave full garbage bags in hallways or common areas for later
- Vacuum carpets weekly with a bagged-type vacuum. HEPA filters recommended
- Clean and disinfect kitchen and bathroom surfaces several times a week

## #2 Keep it DRY

- During and after showering operate your bathroom's mechanical ceiling vent, OR open the window
- Use a small fan to direct air flow out the window
- Use a dehumidifier to reduce moisture \*especially the basement

## #3 Keep it PEST FREE

Rodents are known for carrying diseases that are transmittable to humans. The presence of roaches or rodents may indicate larger issues. If you see evidence of pests, contact your landlord immediately.

- Maintaining a clean and sanitary home is the best defense against unwanted pests
- Do not use over the counter pest control chemicals or sprays - they may be harmful to children and/or pets

If a tenant suspects the presence of bed bugs, they must notify the landlord IMMEDIATELY

## #4 Keep it SAFE

- Install and maintain smoke and carbon monoxide detectors \*check annually
- Store medications and chemicals in areas inaccessible to children
- Do not smoke indoors
- Be sure adequate lighting exists in all stairwells and common areas
- Check basement units for radon
- Notify your landlord if you notice any chipping or flaking paint
- Never mix cleaning products - educate yourself on possible interactions between products



**Landlords** are responsible for compliance with state and local health/housing codes affecting the health and safety of both tenants and the public.

- Common areas are the landlord's responsibility to maintain in a clean and safe condition. Landlords should respond to tenant complaints in a timely manner.

**Tenants** are responsible for maintaining their living space in a clean and sanitary condition to the best of their ability. Matters outside the tenants control should be reported to property managers and/or landlords immediately.

**Landlords and tenants must work together to maintain a healthy living environment.**

For questions and/or concerns contact the Naugatuck Valley Health District  
at (203) 881 - 3255



# Recall Alert: Cinnamon Applesauce Pouches



**Products:** The following products have been recalled due to elevated levels of lead found.

WanaBana Apple Cinnamon Fruit Puree Pouches

Schnucks-Brand Cinnamon-Flavored Applesauce Pouches and Variety Pack

Weis-Brand Cinnamon Applesauce Pouches

## Recommendations:

- Check your pantry for these items. Consumers should not eat, sell, or serve recalled WanaBana, Schnucks, and Weis brand apple cinnamon pouches and should throw them out.
- If your child may have been exposed to lead, parents should talk to their child's healthcare provider about getting a blood test.
- If your child or children have eaten the cinnamon applesauce, talk with your child's doctor. All children should be tested at least annually between 9 and 35 months to make sure the child is not being exposed to lead.

For updates on this recall please scan the QR code.



SCAN ME

# Alerta de Retirada del Mercado: Bolsitas de Puré de Manzana y Canela



**Productos:** Los siguientes productos han sido retirados del mercado debido a niveles elevados de plomo encontrados.

WanaBana Apple Cinnamon Fruit Puree Pouches

Schnucks-Brand Cinnamon-Flavored Applesauce Pouches and Variety Pack

Weis-Brand Cinnamon Applesauce Pouches

## Recomendaciones:

Revisa tu despensa para ver estos artículos. Los consumidores no deben comer, vender ni servir bolsitas de manzana y canela de las marcas WanaBana, Schnucks y Weis retiradas del mercado y deben desecharlas.

Si su hijo pudo haber estado expuesto al plomo, los padres deben hablar con el proveedor de atención médica de su hijo sobre la posibilidad de realizarle un análisis de sangre.

Si su hijo o hijos han comido puré de manzana con canela, hable con el médico de su hijo. Todos los niños deben someterse a pruebas al menos una vez al año entre los 9 y los 35 meses para asegurarse de que no estén expuestos al plomo.

**Para obtener actualizaciones sobre este retiro, escanee el código QR.**



SCAN ME

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## December is National Safe Toys and Gifts Month

In recent years, the U.S. Consumer Product Safety Commission (CPSC) has created a robust toy safety system, by requiring testing by independent, third party testing laboratories around the world; enforcing stringent lead and phthalates limits for toys; imposing some of the most stringent toy standards in the world; and stopping violative and dangerous toys at the ports and in the marketplace before they reach children's hands. These combined efforts continue to foster the confidence of American families as they prepare to shop for toys this holiday season.

### Holiday Toy Safety Guide



### Safety tips to keep in mind this holiday season:

#### Balloons

Children can choke or suffocate on deflated or broken balloons. Keep deflated balloons away from children younger than eight years old. Discard broken balloons immediately.

#### Small balls and other toys with small parts

For children younger than age three, avoid toys with small parts, which can cause choking.

#### Scoters and other riding toys

Riding toys, skateboards and in-line skates go fast, and falls could be deadly. Helmets and safety gear should be worn properly at all times and they should be sized to fit.

#### Magnets

High-powered magnet sets are dangerous and should be kept away from children. Whether marketed for children or adults, building and play sets with small magnets should also be kept away from small children.

### Once gifts are open:

- Immediately discard plastic wrapping or other toy packaging before the wrapping and packaging become dangerous play things.
- Keep toys appropriate for older children away from younger siblings.
- Battery charging should be supervised by adults. Chargers and adapters can pose thermal burn hazards to young children. Pay attention to instructions and warnings on battery chargers. Some chargers lack any mechanism to prevent overcharging.

### Toy Safety Guides

The CPSC provides free safety alerts, guides, posters, brochures, handbooks and other materials which you can use to help spread consumer product safety information in your community.

[Choking Hazard: Plastic Film on Toys and Other Children's Products »](#)

[Strings and Straps on Toys Can Strangle Young Children »](#)

[Ingested Magnets Can Cause Serious Intestinal Injuries »](#)

[Balloons Can be Suffocation Danger to Kids »](#)

[Caps for Toy Guns »](#)

[Electric Toy Safety »](#)

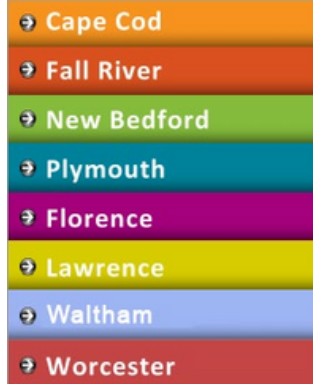
[Child Safety Protection Act Fact Sheet »](#)

[CPSC Warns Consumers of Dangers with Toy Chest Lids »](#)

[Button Battery Safety Quiz »](#)

Source: <http://www.cpsc.gov/en/Newsroom/News-Releases/2014/Global-System-of-Toy-Safety-Works-to->

### Programs by Location



#### Join Our Mailing List

Receive monthly news, event invitations, and volunteer opportunities.



*NOTE: Our mailing list is used solely for our purposes only and will not be given or sold to any other person or company for any reason.*



**DECEMBER 1**

# WORLD AIDS DAY





# TOYS 4 KIDS



## *Holiday Drive*



**Naugatuck Valley Health District's Community Give Back Program** has partnered with **TEAM, Inc.** for their annual 2023 Toys 4 Kids Holiday Drive held from November - December 7th. For more information on how to donate or if you are interested in volunteering with TEAM, visit:

<https://teaminc.org/toys4kids/>

### **DROP-OFF LOCATIONS:**

- **NAUGATUCK VALLEY HEALTH DISTRICT - 98 BANK STREET, SEYMOUR, CT**  
MON - THU: 8AM - 4PM, FRI: 8AM - 1PM
  - **TOWN OF SEYMOUR - 1 FIRST STREET, SEYMOUR, CT**  
MON - THU: 8AM - 12PM, 1PM - 4:30PM, FRI: 8AM - 12PM
  - **OUTBACK STEAKHOUSE- 698 BRIDGEPORT AVENUE, SHELTON, CT**  
MON- THU: 11AM - 10PM, FRI - SAT: 11AM - 10:30PM, SUN: 11AM - 9PM
  - **DERBY PUBLIC LIBRARY - 313 ELIZABETH STREET, DERBY, CT**  
MON-WED: 9AM-8PM, TH: 9AM-6PM, FRI: 9AM-5PM, SAT: 9AM-2PM
  - **DERBY SENIOR CENTER - 293 MAIN STREET, DERBY, CT**  
MON - FRI: 9AM - 4PM
- 

**NOVEMBER -  
DECEMBER  
7TH**





# HELP US MAKE MAGIC FOR CHILDREN AGES 0-12

## Holiday Wish List

- ACTION FIGURES
- SLIME KITS
- LEGOS (FOR ALL AGES!)
- SNOW TUBES
- BARBIE DOLLS
- MAKEUP KITS
- BABY DOLLS
- REMOTE CONTROL CARS
- CARS & TRUCKS
- ART KITS (AGES 8-12)
- BASKETBALLS & FOOTBALLS
- INFANT/TODDLER LEARNING TOYS
- PRETEND PLAY (DRESS UP, KITCHEN SETS)



**HELP FILL THE TOY STORE RIGHT FROM YOUR COMPUTER!  
SCAN THE QR CODE TO SHOP THE TOYS 4 KIDS WALMART REGISTRY  
& YOUR GIFTS WILL SHIP DIRECTLY TO TEAM'S HOLIDAY  
HEADQUARTERS!**



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