

NAUGATUCK VALLEY HEALTH DISTRICT



February 2024

NVHD IN THE COMMUNITY



NVHD Staff Celebrate Diversity, Equity and Inclusion

At the January 11, 2024 staff meeting, NVHD's *Inclusion, Diversity, Equity, and Antiracism (IDEA)* committee chair Paulina Cherkasov provided a staff training and overview of NVHD's IDEA Glossary of Terms and Equity-Focused Alternatives. This guide is designed to help the team recognize and embrace terms that are equity focused and inclusive of all members of the Valley community.



As part of the event, staff was asked to bring a food item that represents one of the many cultures found in the Naugatuck Valley, as a way to learn more about the people who live in the six NVHD towns. The food was delicious, and the discussion and glossary were an important step in our efforts to recognize and address our community through a equitable and inclusive lens.

IDEA of the Month
NVHD is sharing one term or concept from its newly created Inclusion, Diversity, Equity, and Antiracism (IDEA) Glossary each month. This month's term is:

inclusion:
The act of welcoming, respecting, supporting, and valuing all people, all voices, and truly engaging them, listening to, and valuing their experiences and perspectives, to inform and drive decisions on collective priorities. Inclusion requires sustainable and meaningful engagement with people and organizations that represent diversity in experience, thought, and culture.

Radon Awareness Webinar Offered To Community

In recognition of Radon Action Month, on January 25th at 6:00pm Health Educator Lisa Trupp and Housing Code Enforcement Officer/Sanitarian Amanda Michaud presented a webinar on radon for the public. The presenters provided information about radon, including what it is, where it comes from, what levels are considered out of range and how to test and arrange for mitigation. To view the slides presented, use the link or QR code below.

https://www.canva.com/design/DAF6_W8S_DE/NeAjpG4O7cOwDu32SpHYbQ/view?utm_content=DAF6_W8S_DE&utm_campaign=designshare&utm_medium=link&utm_source=editor



NVHD still has free radon kits for the community. To arrange for pickup, please contact Lisa Trupp, at 203-881-3255, ext. 108 or ltrupp@nvhd.org.



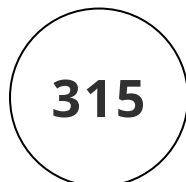
FEBRUARY HEALTHY VALLEY SPOTLIGHT

COVID CORNER

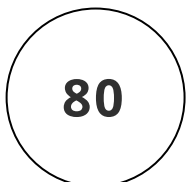


* NVHD monitors the number of people in the Valley who test positive for COVID-19 each month; please note that the numbers here reflect a combination of **home tests** and **lab results** reported to us by test sites.

JANUARY*



positive adults



positive minors

REPORT POSITIVE TEST RESULTS HERE!



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

Visit
www.test2treat.org
or call
1-800-682-2829
to register or check your eligibility



THE EASE OF TEST TO TREAT FROM THE CONVENIENCE OF YOUR HOME!



HÔME TEST TO TREAT PROGRAM

The federal government has expanded the **Home Test to Treat Program** to eligible people nationwide! Contracted to operate by telehealth company eMed, the program provides at-home rapid COVID-19 and flu testing to people who have not yet tested positive for COVID-19 or flu, as well as telehealth sessions and access to at-home treatments if medically indicated for people who have tested positive.

HOW DOES IT WORK?

People age 18 and older who are:

- **uninsured**
- **on Medicare or Medicaid**
- **or receive health care through the Department of Veterans Affairs health care system or the Indian Health Service**

can register at the Home Test to Treat website to obtain free home tests. **The tests will be shipped directly to users and allow them to screen for COVID-19 and flu at the same time.** If someone tests positive later, free telehealth services and access to free at-home treatments are available if prescribed.

Currently positive for COVID-19 or flu? Register at the Home Test to Treat website to receive **free telehealth care and at-home treatment**, if prescribed. Prescribed medications can be delivered directly to your home or picked up at a local pharmacy (fee for insured patients may apply).

UPCOMING NVHD EVENTS: FEBRUARY-MARCH 2024

01

Heart Health screenings in the Valley

February 8th: Ansonia Senior Center-10:00am to 11:30am

February 9th: Naugatuck Senior Center-10:00am to 12:00pm

February 13th: Derby Senior Center Center-12:00pm to 1:30pm

02

Heart Health screenings in the Valley, cont

February 15th: Shelton Senior Center-10:30am to 12:00pm

February 20th: Beacon Falls Senior Center-12:00pm to 1:30pm

February 21st: Seymour Community Center-9:30am to 11:30am

See attached flyer for location addresses.

03

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 Ansonia Senior Center, beginning Tuesday, March 12th, 2024 from 1:30pm to 4:00pm.

The eight-week program will run through April 30th, 2024. For more information, please contact the Ansonia Senior Center at (203) 736-5933



ENVIRONMENTAL HEALTH NEWS

GAME DAY FOOD SAFETY TIPS



WASH YOUR HANDS WITH SOAP AND RUNNING WATER FOR AT LEAST 20 SECONDS BEFORE, DURING, AND AFTER PREPARING FOOD AND BEFORE EATING.

SEPARATE RAW MEATS FROM READY-TO-EAT FOODS LIKE VEGETABLES WHEN PREPARING, SERVING, OR STORING FOODS.

MAKE SURE FOOD IS COOKED TO A SAFE INTERNAL TEMPERATURE.

KEEP HOT FOODS HOT (135°F OR WARMER) AND COLD FOODS COLD (41°F OR COLDER).

BE MINDFUL OF THE 9 COMMON FOOD ALLERGENS AND INFORM GUESTS IF A DISH MAY CONTAIN OR WAS PREPARED IN THE PRESENCE OF ANY OF THE FOLLOWING: WHEAT, SOY, SESAME, FINFISH, SHELLFISH, MILK/DAIRY, TREE NUTS, PEANUTS, AND/OR EGGS.



<https://www.cdc.gov/foodsafety/communication/rules-of-game.html>



www.cdc.gov/phpr/infographics.htm

Here are some tips on how to prepare for winter weather to stay safe!

- Insulate walls and attic.
- Dress warmly and limit exposure to the cold to prevent frostbite.
- Never leave lit candles or flames unattended.
- Install smoke detectors and carbon monoxide detectors and make sure batteries are working.
- Bring your pets indoors.
- If powerlines are down, call your local utility and emergency services, do not touch!

For more information and tips, please visit:
<https://www.cdc.gov/disasters/winter/index.html>

Protect Your Health From Air Pollution This American Heart Month

Here are a few steps to take to help control heart disease and stroke according to the EPA:

- Use caution when working in and around your house.
- Reduce exposure to traffic and outdoor air pollution by paying attention to the air quality index.
- Drink clean water.
- Prevent heat stress
- Avoid carbon monoxide poisoning.

For more information, please visit: www.epa.gov



February is Heart Health Month



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.

NVHD encourages you to take care of your heart. Here are seven strategies for heart healthy lifestyle:

1. Learn your health history.

a. Know your risks and talk to your doctor about your family medical history.



2. Eat a healthy diet.

a. Choose healthier foods. Add more fruit, vegetables, whole grains, lean meats, and low-fat dairy products to your daily meals.

b. The American Heart Association approves of the Plate Method. Check it out:
MyPlate.gov



3. Move more, sit less.

a. Get at least 150 minutes of moderate-intense aerobic activity every week, PLUS muscle-strengthening activities at least 2 days a week.



4. QUIT Smoking.



5. Take Medicine as directed.

- a. Follow your doctor's instructions carefully. Never stop taking your medication without talking to your doctor, nurse, or pharmacist first.



6. Choose your drinks wisely.

Substitute water for sugary drinks to reduce calories.

- a. Water keeps every system in the body functioning properly.
- b. If you don't drink enough water each day, you risk becoming dehydrated.
- c. Warning signs of dehydration include weakness, low blood pressure, dizziness, confusion, or urine that's dark in color.
- d. Talk to your doctor about how much water is good for you to drink.
- e. Limit caffeinated drinks and alcohol.



Limit



Limit



Limit



Enjoy!

7. Monitor your Blood Pressure at home.

- a. Having a self-measured blood pressure monitor at home helps! Write down your blood pressure readings and discuss them with your doctor.



American Heart Month

Blood Pressure Screenings

Check us out at these locations:

Thursday, February 8, 2024

10-11:30am

Ansonia Senior Center
65 Main St- second floor, Ansonia

Friday, February 9, 2024

10-12pm

Naugatuck Senior Center
300 Meadow St, Naugatuck

Tuesday, February 13, 2024

12-1:30pm

Derby Senior Center
293 Main St, Derby

Thursday, February 15, 2024

10:30-12pm

Shelton Senior Center
81 Wheeler St, Shelton

Tuesday, February 20, 2024

12-1:30pm

Beacon Falls Senior Center
57 N.Main St, Beacon Falls

Wednesday, February 21, 2024

9:30-11:30am

Seymour Community Center
20 Pine St, Seymour





Prevent Respiratory Illness with 6 Healthy Habits



Public Health
Prevent. Promote. Protect.

**Naugatuck Valley
Health District**

During this time of year, It is common to get sick from respiratory viruses such as COVID, Flu, and Respiratory Syncytial Virus (RSV). There are actions you can take to protect yourself and others. The following healthy habits can help prevent these viruses.



Get Vaccinated

Stay up to date on vaccines such as Flu, COVID, RSV to reduce the risk of infection and severe illness.



Wash Hands

Wash hands often with soap and water. Use alcohol based-hand sanitizer if soap and water are not available.



Cover your mouth and nose

Cover your mouth and nose with a tissue when coughing or sneezing.



Talk with your HealthCare Provider

Talk to your healthcare provider for respiratory illness prevention advice specific to your health risks.



Clean & Disinfect

Clean and disinfect surfaces and objects that may be contaminated with viruses that cause Flu, COVID, RSV.



Stay Home

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.



Prevenga las Enfermedades Respiratorias con **6 Hábitos Saludables**



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Health District**

Durante esta época del año, es común enfermarse por virus respiratorios como el COVID, la gripe y el virus respiratorio sincitial (VRS). Hay acciones que puedes tomar para protegerte a ti mismo y a los demás. Los siguientes hábitos saludables pueden ayudar a prevenir estos virus.



Vacunarse

Manténgase al día con vacunas para la gripe, la COVID y el VRS para reducir el riesgo de infección y enfermedades graves.



Lávese las manos

Lávese las manos frecuentemente con agua y jabón.



Cúbrete la boca y la nariz

Cúbrete la boca y la nariz con un pañuelo al toser o estornudar.



Hable con su proveedor médico

Hable con su proveedor de atención médica para obtener consejos sobre prevención de enfermedades respiratorias específicos para sus riesgos para la salud.



Limpiar y desinfectar

Limpiar y desinfectar superficies y objetos que puedan estar contaminados con virus causantes de gripe, COVID, RSV.



Quedarse en casa

Si es posible, quédese en casa y no vaya al trabajo, a la escuela ni a hacer recados cuando esté enfermo. Esto ayudará a evitar contagiar su enfermedad a otras personas..