

NAUGATUCK VALLEY HEALTH DISTRICT



Public Health
Naugatuck Valley Health District



March 2024

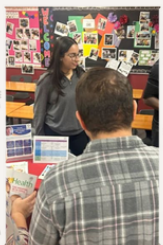
NVHD IN THE COMMUNITY



Naugatuck Valley Continuing Education hosts NVHD Outreach Team

Thank you to the Naugatuck Adult & Continuing Education Center for hosting NVHD's Nancy Serrano, CAP Coordinator and Vanessa Lopez, IAP Coordinator (pictured below) on February 6th. The team set up in the student lounge and each of the classes were able to visit and receive important public health information and resources!

The team also provided COVID-19 test kits to the groups, which included adults and teens in ESL classes as well as the GED program. We enjoyed our time at @naugatuckadulthoodeducation and look forward to coming back!



NVHD holds Blood Pressure Clinics in the Valley

To celebrate Heart Health Awareness for the month of February the Naugatuck Valley Health District held several blood pressure screenings throughout the community. We presented up to date heart health information and promoted blood pressure screenings, both with a professional and at home. Checking your blood pressure at home and writing down your numbers can help paint a great picture for your health care provider in what to do next. The turnout from the community was great!

If you have any questions regarding heart health screenings contact Kristie D'Averso, NVHD Public Health Nurse.



NVHD per diem nurse Caitlin Kelley and Public Health Nurse Kristie D'Averso with CAP Program Coordinator Nancy Serrano and Immunization Program Specialist Vanessa Lopez, providing information to visitors at the Trinity Episcopal Church in Seymour.



Dr. Joycelyn Elders
First Black woman to serve as
Surgeon General of the U.S.



Marsha P. Johnson
Prominent figure in the gay rights
movement and AIDS activist

In recognition of
Black History Month,
in February NVHD
celebrated four Black
pioneers in public health
and medicine.

To read more about each
featured individual, head
over to our social media!

#BlackHistoryMonth2024



Dr. Herbert W. Nickens
Psychiatrist, health official,
educator, and health equity advocate



Dr. Shantel Hébert-Magee
Physician, scholar, and dedicated
public health official

IDEA of the Month

NVHD is sharing one term or concept from its newly created Inclusion, Diversity, Equity, and Anti-racism (IDEA) Glossary each month.

This month's term is:

neurodiversity:

Neurodiversity describes the idea that people experience and interact with the world around them in many different ways; there is no one "right" way of thinking, learning, and behaving, and differences are not viewed as deficits. Neurodiversity does not imply any specific diagnosis, although some common diagnoses associated with neurodiversity include autism, ADHD, and dyslexia.



MARCH HEALTHY VALLEY SPOTLIGHT

COVID CORNER



ATTENTION: NEW COVID-19 GUIDANCE

On March 1, 2024, the CDC **changed its COVID-19 isolation guidance.**

If you test positive for COVID-19, you can go back to your normal activities when, **for at least 24 hours**, both are true:

- Your symptoms are getting better overall, and
- You have not had a fever (and are not using fever-reducing medication)

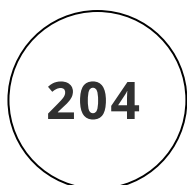
When you go back to your normal activities, take added precaution **over the next 5 days**, such as taking additional steps for **cleaner air, hygiene, masks, physical distancing, and/or testing** when you will be around other people indoors.

If you never had symptoms but tested positive for COVID-19 you may be contagious. For the next 5 days, take added precautions; refer to the list above. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.

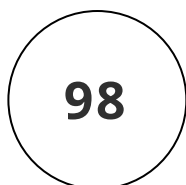
FOR MORE INFORMATION ABOUT PREVENTING THE SPREAD OF RESPIRATORY VIRUSES, VISIT [CDC.GOV/RESPIRATORY-VIRUSES](https://www.cdc.gov/respiratory-viruses) OR CONTACT NVHD'S SURVEILLANCE & OUTBREAK RESPONSE TEAM AT (203) 881-3255, EXT. 118

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.

FEBRUARY*



positive adults



positive minors

REPORT POSITIVE TEST RESULTS HERE!



UPCOMING NVHD EVENTS MARCH-APRIL 2024

01

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

02

National Public Health Week April 1st-April 7th

The NVHD staff will be celebrating National Public Health Week by hosting events and sharing information all week long that reflects the 2024 theme, Protecting, Connecting and Thriving: We are All Public Health.

More information coming soon!

Health Observances in March

National Nutrition Month

Colorectal Cancer Awareness Month

National Endometriosis Awareness Month

March 10th: National Womens and Girls HIV/AIDS Awareness Day

March 17th-23rd: National Poison Prevention Week

March 24th: World TB Day



Environmental Health News

March 22nd is World Water Day!

According to the United Nations, World Water Day 2024 is about working together to balance everyone's needs, with a dedication to ensure no one is left behind, to make water a catalyst for a more peaceful world.



Water Safety During Power Outages and Floods

If water is cloudy, first filter it through clean clothes, or allow it to settle and then draw off the clear water for boiling/disinfecting.

Then follow one of these procedures:

Boil

Boiling water will kill most types of disease-causing organisms that may be present.

1. Boil the water for 1 minute.
2. Let it cool, and store it in clean containers with covers.

For more information on World Water Day and Water Safety, please visit:

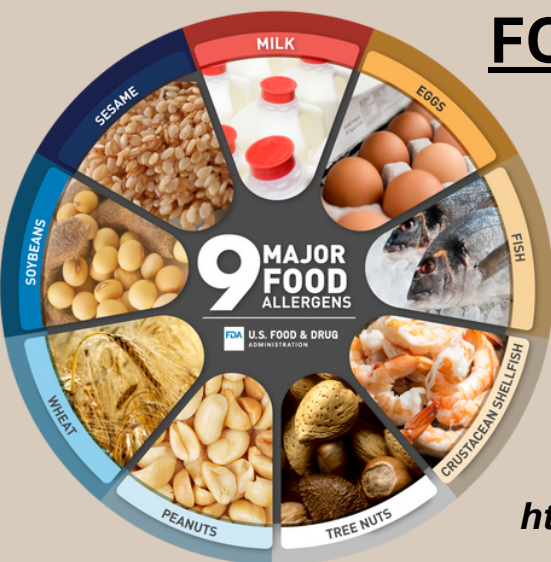
<https://www.unwater.org/our-work/world-water-day>

<https://www.fda.gov/media/72124/download>

Disinfecting with Bleach

Bleach will kill some, but not all, types of disease-causing organisms that may be in the water.

1. Add 1/8 teaspoon (or 8 drops) of unscented, liquid chlorine bleach per gallon of water.
2. Stir it well and let it stand for at least 30 minutes before you use it.
3. Store disinfected water in clean containers with covers.

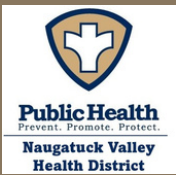


FOOD SERVICE ESTABLISHMENTS

Starting March 1, 2024, class 2, 3 and 4 food service establishments must display a food allergen awareness poster. These posters will be provided by NVHD in the upcoming weeks during routine inspections.

To preview this poster please visit :

<https://portal.ct.gov/DPH/Food-Protection-Program/Food-Protection-Communications>



NVHD promotes

National Public Health Week!



April 1-7, 2024

THE TOPIC OF THIS YEAR'S PUBLIC HEALTH WEEK IS:

Protecting,
Connecting &
Thriving:
We are Public Health!

JOIN US & FOLLOW ALONG AS NVHD CELEBRATES WITH WEEKLY ACTIVITIES

MONDAY
CIVIC ENGAGEMENT

- Come meet NVHD staff
- at community locations!
- More information to
- follow.

TUESDAY
HEALTHY NEIGHBORHOODS

- NVHD staff will work
- together to clean up
- local walkways.

WEDNESDAY
CLIMATE CHANGE

- Come and learn about
- recycling!
-
-

THURSDAY
NEW TOOLS & INNOVATIONS

- Check out our new
- restaurant inspection
- section on our website!
-

FRIDAY
SEXUAL HEALTH

- Help us, help our community!
- NVHD will be hosting a donation
- drive for personal hygiene
- products for March and April

SATURDAY
EMERGENCY PREPAREDNESS

- Sign up for our Access
- and Functional Needs
- presentation at...

SUNDAY
FUTURE OF PUBLIC HEALTH

- Meet our student
- interns and why they
- chose public health!

Follow us on social media for more details!

March is National Nutrition Month

Here are some nutrition tips from the FDA



Even small shifts to healthier food options can add up to healthy lifelong changes. Learn how:

www.fda.gov/media/131191/download



Take time to choose healthy options, whether you are food shopping, cooking or eating out. Even small shifts to healthier options can add up to healthy lifelong changes. Read more here...

<https://www.fda.gov/media/131160/download>



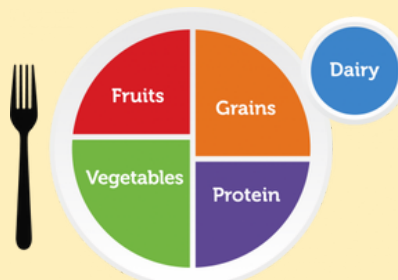
Shop smart! Read the Nutrition Facts label when food shopping to make healthier choices for you and your family. Click this link for more tips

www.fda.gov/media/131160/download.



Looking up nutrition information BEFORE you dine out can help you make healthier choices away from home. Check restaurant websites, phone apps, and menus. Once you have the nutrition information, choose items lower in calories, saturated fat, trans fat, sodium, and added sugars. Here's how...

www.fda.gov/media/131159/download



<https://www.myplate.gov>