

NAUGATUCK VALLEY HEALTH DISTRICT



June



June 2024

NVHD IN THE COMMUNITY



NVHD Offers Mental Health First Aid

In honor of Mental Health Awareness Month, on May 13th NVHD's Public Health Emergency Preparedness/Medical Reserve Core Coordinator Barbara Becker (pictured below) partnered with Meriden Health Department's Public Health Educator Elizabeth DeMerchant to deliver a one day, in-person Mental Health First Aid training for community members.

Attendees learned how to recognize the signs and symptoms of someone in a mental health crisis, and how to be part of the chain of survival in keeping people in crisis safe until appropriate help is available. Thanks to Barbara and Liz for a great day of training!

NVHD will be offering another free one-day training on Saturday July 20th. See attached flyer for details.



CAP Team Visits Derby Library

In May, NVHD Immunization team members Nancy Serrano and Vanessa Lopez (pictured below) visited Derby Public Library.

The team provided library visitors current information on about Covid-19 vaccinations, updated immunization clinic schedules, and how to access immunization records through the CT WIZ Website and much more!

Look for additional upcoming NVHD offerings at the Derby Public Library, as we look to expand our partnership in the near future.



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:

LGBTQ+

"An acronym that collectively refers to individuals who are lesbian, gay, bisexual, transgender, or queer, sometimes stated as LGBT (lesbian, gay, bisexual, and transgender) or, historically, GLBT (gay, lesbian, bisexual, and transgender). The addition of the Q for queer is a more recently preferred version of the acronym as cultural opinions of the term queer focus increasingly on its positive, reclaimed definition. The Q can also stand for questioning, referring to those who are still exploring their own sexuality and/or gender. The "+" represents those who are part of the community but for whom LGBTQ does not accurately capture or reflect their identity."



JUNE 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.

MAY*

34

positive
adults

4

positive
minorsREPORT
POSITIVE TEST
RESULTS HERE!

ON BEHALF OF NAUGATUCK VALLEY HEALTH DISTRICT

CONGRATULATIONS
TO THE CLASS OF 2024!

*TIP: Don't let respiratory viruses
spoil your fun; take extra precaution
and test for COVID-19 **before** and
after any major events!*



NVHD HAS COVID-19 TEST KITS
AVAILABLE AT NO COST TO ALL
VALLEY RESIDENTS!



Request test kits here!
While supplies last.



NEED TO REPORT A POSITIVE
COVID HOME TEST?

bit.ly/reportmytest

bit.ly/requestatest

UPCOMING NVHD EVENTS-JUNE-JULY 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, June 4th, 2024 from 1:30pm to 3:30pm.

The eight-week program will run through July 23rd, 2024. For more information, please contact the Ansonia Senior Center at (203) 736-5933

02

Mental Health First Aid: One Day Training

Naugatuck Valley Health District is offering an in-person, one day Mental Health First Aid training at our office in Seymour on Saturday, July 20th, from 8am to 4pm.

Individuals trained in Mental Health First Aid learn:

- Risk factors and warning signs for mental health and addiction concerns.
- Strategies on how to help someone in crisis.
- How to be a bridge between someone in crisis and additional help they may need.

Lunch is provided.

For more information or to enroll, please see the attached flyer or contact NVHD at 203-881-3255, and speak with Lisa Trupp at ext. 108 or Barbara Becker at ext. 128.

Health Observances in June

LGBTQ+ Pride Month

Men's Health Awareness Month

Alzheimers and Brain Awareness Month

PTSD Awareness Month

Scoliosis Awareness Month

Cataract Awareness Month

National Scleroderma Awareness Month

June 2nd: National Cancer Survivor Day

June 3rd: Gun Violence Awareness Day

June 19th: Juneteenth

June 20th: World Refugee Day

ENVIRONMENTAL HEALTH NEWS



Breaking News

↓ READ MORE ↓

Congratulations to our sanitarians!!

John Mucha, MPH
received his
master's degree in
public health from
Southern
Connecticut State
University.


Amy Durand, MPH
completed her
Certified Food
Inspector training.



A Note From Nurse Kristie


TRAVELING THIS SUMMER?

HERE ARE SOME CDC GUIDELINES TO HELP YOU PREPARE:



1. **Train properly and prepare for your trip.** Many adventure tours and activities can be physically demanding, so it is important that you are physically ready for your trip. Know your personal limits..

2. **Make an appointment with a travel health specialist** that takes place at least 6-8 weeks before you leave. They can help you get destination-specific vaccines, medicines, and information. Discussing your health concerns, itinerary, and planned activities with your provider allows them to give more specific advice and recommendations.



3. **Make sure you are up to date on all of your routine vaccines.** Routine vaccinations protect you from infectious diseases such as measles that can spread quickly in groups of unvaccinated people.

4. **Plan for the unexpected.** It is important to plan for unexpected events as much as possible. Doing so can help you get quality health care or avoid being stranded at a destination.

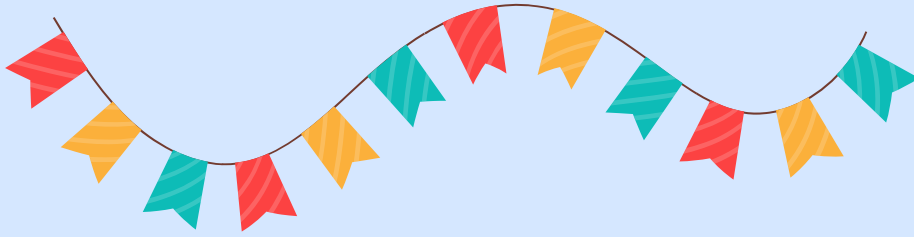


For more information, visit:

<https://wwwnc.cdc.gov/travel/>



We've compiled a list of Travel Clinics:



Passport Health Fairfield Travel Clinic

140 Sherman St., 4th floor.
Fairfield, CT 06824
Telephone: 203.307.4951
Email: passporthealthusa.com

Bridgeport Family Medicine

754 Clinton Ave
Bridgeport, CT 06604
Telephone: 203.923.2204
Email: bridgeportfamilymedicine.com

Passport Health New Haven Travel Clinic

234 Church St., Suite 403
New Haven, CT 06510
Telephone: 203.285.3485
Email: passporthealthusa.com

Passport Health Stamford Travel Clinic

1100 Summer St., Suite 208
Stamford, CT 06905
Telephone: 203.406.0740
Email: passporthealthusa.com

Passport Health Hartford Travel Clinic

750 Main St. Suite 1108-2
Hartford, CT 06103
Telephone: 860.986.6850
Email: passporthealthusa.com

CVS- Minute Clinics

Pre-travel Health Consultation
Search for a clinic near you- zip code locator.

Email: cv.com

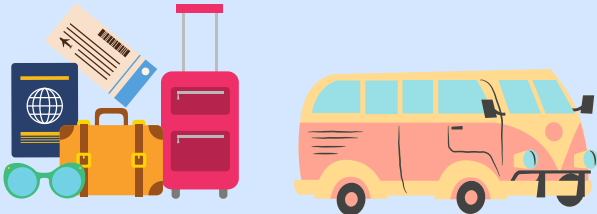
Services include:

- Zika assessment
- Typhoid vaccine
- COVID testing
- Malaria prevention, traveler's diarrhea prevention and care
- Motion sickness prevention

St. Mary's Hospital Travel Clinic

133 Scovill St. Suite 201
Waterbury, CT 06706
Telephone: 203.709.5904
Hours of operation:

- Mondays, 1-3:30pm
- Fridays, 9-11am





NVHD Summer Safety Tips



Mosquito Facts

- There are over 3,500 types of mosquitoes worldwide, and 54 have been identified in Connecticut.
- Mosquitoes do not actually "bite"; they "feed".
- The females feed on humans and animals to obtain protein to produce eggs.
- Males do not feed on humans because they do not need the protein to produce eggs.
- Mosquitoes can live as long as 2 to 3 months.



Habitats

Mosquitoes like living near people, forests, or tall grass. All mosquitoes like water, but the type of water can attract different types of mosquitoes.

Permanent water mosquitoes

- Prefer clean or nutrient-rich waters and lay their eggs near edges of lakes, ponds, swamps, and marshes.

Floodwater mosquitoes

- Prefer moist soil and lay their eggs in temporary ponds, streams, rivers, fields and meadows.



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



MOSQUITOES

NAUGATUCK VALLEY HEALTH DISTRICT

WWW.NVHD.ORG - PHONE: 203-881-3255 - HOURS: M-TH: 8AM-4PM, F: 8AM-1PM

FOR MORE INFORMATION VISIT

[HTTP://WWW.CDC.GOV/MOSQUITOES](http://www.cdc.gov/mosquitoes)

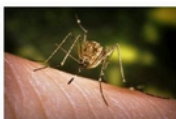
Aedes species mosquitoes

Looks for a water source after feeding to lay eggs and prefers to live near & bite people. A common species in the US that spreads germs.



Culex species mosquitoes

Looks for a water source to lay eggs. They prefer to live near & bite birds, but bite people when animals are not nearby. This is a common species in the US that spreads germs.



Anopheles species mosquitoes

Commonly found in the U.S., has approx. 430 species, and prefers to feed on humans or animals. Adult females lay 50-200 eggs, & the duration from egg to adult is influenced by ambient temperature.



WATCH OUT FOR.. POISON IVY



IDENTIFICATION

- Poison ivy plants vary in size and are commonly found in groupings of 3 leaves, with two short leaflets and a longer middle stem.
- These plants change colors throughout the seasons. In the spring they usually have a red appearance, in the summer they are green - sometimes making it more difficult to distinguish from other plants, and in the fall they are usually a reddish-orange color.
- They can appear as small shrubs or vines, trailing on the ground or growing on low plants, trees, and commonly found throughout the woods and along trails.
- The leaves, stems, and roots contain a poisonous resin called urushiol. When the skin comes in contact with this oily resin it may cause a person to develop blisters, rashes, and itchiness.



PREVENTION

- Learn to identify poison ivy and avoid touching the plant.
- Wear long pants, long-sleeved shirts, boots, and vinyl gloves.
- Wash garden tools regularly, especially if they come in contact with poison ivy.

NAUGATUCK VALLEY HEALTH DISTRICT

98 BANK STREET, SEYMOUR, CT
PHONE: 203-881-3255
HOURS: M-Th: 8AM-4PM, F: 8AM-1PM



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

SCAN THE QR CODE
TO VISIT OUR
WEBSITE!



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.



Ozone:
“Good up high, bad nearby.”

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.

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

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/

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/

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
September 2010





June is Men's Health Month



01

Eat Healthy.

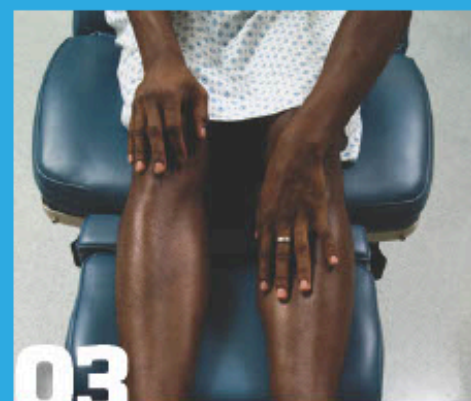
Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

Get Moving.

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

Make Prevention a Priority.

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

1 in 2

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

1994

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

88.9

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

ONLINE RESOURCES

Men's Health Month
MensHealthMonth.org

Men's Health Network
MensHealthNetwork.org

Get It Checked
GetItChecked.com

Talking About Men's Health Blog
TalkingAboutMensHealth.com

Men's Health Resource Center
MensHealthResourceCenter.com



MensHealthMonth



MensHealthMonth



MHW@menshealthweek.org

AWARENESS. PREVENTION. EDUCATION. FAMILY.

Celebrate Men's Health Throughout the Year

Visit the Men's Health Resource Center:

www.MensHealthResourceCenter.org

Develop a Wear Blue program where you work, pray, or play:

www.WearBlueForMen.com

Follow the latest men's health news at Talking About Men's Health:

www.TalkingAboutMensHealth.com

Learn about Men's Health Month, view Governor/Mayor proclamations, and more:

www.MensHealthMonth.org

Find free flyers, brochures, and more in the Men's Health Library:

www.MensHealthLibrary.com

You can purchase brochures, door hangers, and books:

www.mhnstore.com

Learn about prostate health and Prostate Cancer Awareness Month:

www.ProstateHealthGuide.com

Learn about Testicular Cancer Awareness Month:

www.TesticularCancerAwarenessMonth.com

Subscribe to the MHN YouTube channel:

www.youtube.com/mhnmedia

Visit Men's Health Network:

www.MensHealthNetwork.org

Subscribe to the Healthy E-Male newsletter:

www.healthyemale.com

To learn about the Fathers Connection:

www.FathersConnection.org

For more information about the Fathers Connection and/or men's health program opportunities, call or email:

202-543-6461 x 101

Info@menshealthnetwork.org



Like us on Facebook



MensHealthMonth



Follow us On Twitter



MensHealthMonth

THANKS FOR YOUR SUPPORT!

MPOX:

IT'S STILL HERE

Cases of mpox in Connecticut are increasing. What's the best way to protect yourself?

Get both doses of the JYNNEOS vaccine for maximum protection. To locate a vaccination site, visit [CDC's locator](#).



Recent cases of mpox in CT have been disproportionately reported in people who self-identify as **gay** or **bisexual men**, other **men who have sex with men**, and **gender diverse individuals** who have sex with men.

However, people of **any sexual orientation, gender identity, race/ethnicity**, or **age** can become infected and transmit mpox.

It's estimated that only **one in three** people recommended to receive the JYNNEOS mpox vaccine in CT are fully vaccinated.

Completion of the two-dose JYNNEOS vaccine series is associated with **reduced risk** of mpox.



NAUGATUCK VALLEY HEALTH DISTRICT PRESENTS:

Adult Mental Health First Aid Training



Saturday, July 20th: 8:00am to 4:00pm

Naugatuck Valley Health District

98 Bank St., Seymour, CT

Join us for a **FREE** Adult Mental Health First Aid training where participants will learn how to respond to a mental health crisis using the **Mental Health First Aid Action Plan (ALGEE)**:

- **A**ssess for risk of suicide or harm.
- **L**ist nonjudgementally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.
- Participants will be required to complete a **2-hour, self-paced online course** before attending the instructor-led session. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

****Lunch will be provided****

[Click Here For Registration](#)



Questions? Contact
instructors:

Lisa Trupp
ltrupp@nvhd.org
203-881-3255, ext. 108

Barbara Becker
bbecker@nvhd.org
203-881-3255, ext. 128



Public Health
Prevent. Promote. Protect.

**Naugatuck Valley
Health District**

