

NAUGATUCK VALLEY HEALTH DISTRICT

September 2025



Pound Tha Ground Ansonia Backpack Distribution

On Saturday August 16th, NVHD Health Educator Lisa Trupp and Overdose Prevention Coordinator Austin Telford attended the Pound Tha Ground Back to School Backpack giveaway at Nolan field in Ansonia. This event, now in the third year, brings community partners together to provide backpacks and other supplies to children and families in Ansonia.

NVHD was on hand to distribute personal care items and other giveaways to the many families who attended this incredible event.

Big thanks to the Pound Tha Ground Riders Club for inviting us to attend. Looking forward to next years event!



National Immunization Awareness Outreach at Howard Whittemore Memorial Library

Vanessa, Public Health Specialist, and Liliana, NVHD intern, recently visited the Howard Whittemore Memorial Library to host an informational table in recognition of National Immunization Awareness Month (NIAM), which takes place each August.

They engaged with community members, offering valuable resources and answering questions about the importance of vaccines, especially as families prepare for the upcoming school year.

NIAM highlights the important role immunizations play in protecting public health, and Vanessa and Liliana's outreach helped promote timely back-to-school vaccinations to keep children and our communities safe.



Observances in September

Sepsis Awareness Month

National Preparedness Month

Childhood Cancer Awareness Month

Pulmonary Fibrosis Awareness Month

Thyroid Cancer Awareness Month

September 7 to 13: National Suicide Prevention Week

September 9: World Fetal Alcohol Syndrome Day

September 17: National Physician Suicide Awareness Day

Healthy Aging Month

National Recovery Month

Prostate Cancer Awareness Month

National Suicide Prevention Month

National Food Safety Awareness Month

September 7 to 13: National Assisted Living Week

September 14 to 20: Environmental Services Week

September 22-26 : Falls Prevention Week



It's Back to School ~~SCHOOL~~ **FLU** Time!



HOW TO KEEP YOUR CHILD AND THEIR CLASSMATES SAFE FROM THE FLU & OTHER RESPIRATORY ILLNESSES

Know the Symptoms

COMMON SIGNS OF RESPIRATORY VIRUSES:

- fever/chills
- cough
- sore throat
- runny/stuffy nose
- body aches
- headaches
- fatigue (tiredness)
- vomiting
- diarrhea
- new loss of taste or smell

Can My Child Go to School if They Are Ill? *

IT IS **NOT** RECOMMENDED THAT YOUR CHILD ATTEND SCHOOL IF THEY ARE SICK.

If your child is experiencing unexplained respiratory virus symptoms, **keep them home** and **away from others**.

They can return to their normal activities when, for **at least 24 hours**, both are true:

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

Preventing Spread

Taking extra precautions is recommended for **5 days** after returning to school, such as practicing **good hygiene**, **masking** and **social distancing** when possible. Talk to your child about proper hygiene, such as covering their cough and hand-washing.

How Else Can I Protect My Child?

Vaccinating yourself and your child against the most common respiratory viruses such as **flu** and **RSV** is recommended. Keep masks and COVID-19/flu tests on hand. **For free COVID-19 test kits from NVHD, call (203) 881-3255, ext. 118. (while supplies last)**

***Please consult your child's school or daycare for their respiratory virus protocol**

Upcoming NVHD Events: September-2025

QPR Suicide Prevention Training

Naugatuck Valley Health Educator, Lisa Trupp and Overdose Prevention Coordinator, Austin Telford will be offering a free, virtual, QPR Suicide Prevention Gatekeeper Training for the community, Thursday, September 11th at 6:00pm.

QPR is a nationally recognized, evidence-based suicide prevention program designed to help individuals recognize the signs of a mental health crisis and offering tips on how to approach and offer help and hope until professional help can be provided.

Please see the attached flyer to register.

Mental Health First Aid: One Day Training

Naugatuck Valley Health District is offering a free, in-person, one day Mental Health First Aid training at our office located at 98 Bank Street in Seymour on Friday, September 12th, from 8am to 2pm.

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.

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 Austin Telford at ext. 128.

EMPLOYEE SPOTLIGHT



=Welcome=

NVHD welcomes Michael Delossantos as a new Sanitarian with the Environmental Health Services Division!



Congrats!

John Mucha, MPH, Registered Sanitarian has been promoted to Head Sanitarian! Congratulations on your new role!



=celebrate=

25th

ANNIVERSARY

Melanie Dokla, Registered Sanitarian and Assistant Director of Environmental Health Services recently celebrated her 25th anniversary working at NVHD! Congratulations on reaching such an impressive career milestone in public service!





Did you know? **1 in 6 Americans experience foodborne illness every year.**

Food safety is a primary program of our Environmental Health Services Division. NVHD has five certified food inspectors (sanitarians) who perform health inspections, investigate and resolve complaints about health hazards, and educate the public, and in partnership with state and federal agencies, enforce the State Public Health Code, relevant State Statutes and Regulations, Local Health Ordinances, and the U.S. Food and Drug Administration's (FDA) Food Code. You can review the codes we enforce by visiting <https://www.nvhd.org/environmental-health/>.

According to the FDA, "consuming dangerous foodborne bacteria will usually cause illness within 1 to 3 days of eating the contaminated food. However, sickness can also occur within 20 minutes or up to 6 weeks later. Symptoms of foodborne illness can include: vomiting, diarrhea, and abdominal pain – and flu-like symptoms, such as fever, headache, and body ache... Although most healthy people will recover from a foodborne illness within a short period of time, some can develop chronic, severe, or even life-threatening health problems."

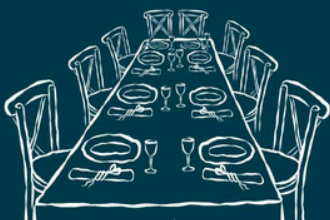
Follow these safety tips to keep you and your family safe during National Food Safety Education Month

NATIONAL
FOOD SAFETY
EDUCATION MONTH
SEPTEMBER

Behind every safe meal is an environmental public health professional who made it possible.

This September during Food Safety Education Month, we're shining a spotlight on the dedicated professionals who work tirelessly to keep our food safe.

neha National Environmental Health Association



STEP 1	STEP 2	STEP 3	STEP 4
CLEAN 	SEPARATE 	COOK 	CHILL

READ MORE >>



U.S. FOOD & DRUG ADMINISTRATION



Step 1: CLEAN



Lather up

Before eating, wash your hands with soap and running water for at least 20 seconds. Count to 20 slowly or sing the "Happy Birthday" song to yourself twice.



Eat clean

Rinse fruits and veggies under running water. Slicing or dicing? Scrub 'em anyway—germs can jump from rinds to the insides during cutting and peeling.



Rules for tools

Wash cutting boards, knives, and other cooking utensils in hot, soapy water or the dishwasher after each use.



Create a safe cooking space

Wash countertops, cooking surfaces, and insides of the refrigerator, freezer, and microwave frequently with hot, soapy water.



Clean it before you crack it open

Wash food packaging, especially lids of cans and jars, before opening.

Find more **Quick Tips on the 4 Steps to Food Safety: Clean, Separate, Cook, Chill** at www.fda.gov/food



Step 2: SEPARATE



No touching

Raw meat, poultry, seafood, eggs, and flour should never come into contact with produce or any food that is ready-to-eat—keep them separate while shopping, storing, and cooking.



Put a lid on it

Place raw meats in sealed containers or plastic wrap on lower shelves of the fridge or freezer.



No yolkling around

Storing eggs on the fridge door can expose them to uneven temperatures. Keep them on lower shelves instead, in their original carton.



Double up

If you can, use a separate set of cooking tools for raw meat, poultry, seafood, eggs, and flour. If you can't, wash them thoroughly in hot, soapy water between cooking with produce and cooking with meats, eggs, or flour.



Serve it safely

When grilling, barbecuing, or cooking meat, use different plates for raw and cooked meat.

Find more **Quick Tips on the 4 Steps to Food Safety: Clean, Separate, Cook, Chill** at www.fda.gov/food



Step 3: COOK



Heat it before you eat it

Use a food thermometer to check that your food has reached a safe temperature.
145 °F for seafood
145 °F with a 3-minute rest time for beef, pork, and ham
160 °F for ground meat, meat mixtures, and egg dishes
165 °F for poultry, microwaved foods, and reheated leftovers



Turn the tables

When microwaving, make sure to rotate food to allow for even heating. Always follow directions for cooking and standing time.



Dish it out

When eating at restaurants, avoid foods that contain raw or undercooked egg, meat, poultry, or seafood. Ask the server if you aren't sure.



Doughs are don'ts

Eggs and flour are not safe to eat unless fully cooked.

Find more **Quick Tips on the 4 Steps to Food Safety: Clean, Separate, Cook, Chill** at www.fda.gov/food



Step 4: CHILL



Check the App

USDA FoodKeeper can tell you how long foods and drinks are safe to keep in the refrigerator or freezer.



Shop, and don't stop

At the grocery store, pick up perishable foods last and take them straight home.



Keep your cool

Chill groceries, leftovers, and food delivery items within 2 hours, or 1 hour if exposed to temperatures above 90 °F. Use an appliance thermometer to set fridge to 40 °F or below and freezer at 0 °F or below.



Let it breathe

Leave space for air to circulate between containers in your fridge and freezer.



Stay chill

If bringing cold foods on-the-go, pack them with ice in an insulated container.

Find more **Quick Tips on the 4 Steps to Food Safety: Clean, Separate, Cook, Chill** at www.fda.gov/food

Back-to-School FOOD SAFETY TIPS

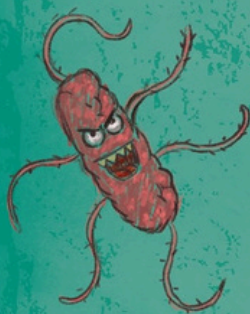
Chances are you worry more about whether your children will eat the food in their lunch boxes than about whether that food will be safe to eat. But children are the most vulnerable to food poisoning, so it makes sense to take extra precautions when preparing the lunches they take to school.

1 IN 6 Approximate number of Americans stricken with food poisoning each year



128,000

Estimated annual hospitalizations from foodborne illnesses



42,000

Estimated annual reports of salmonella infections, the most frequent cause of foodborne illnesses

Of the estimated 42,000 annual salmonella infections, almost



of those are infants and school-age children.

Because many milder cases are not diagnosed or reported, the actual number of salmonella infections may be 29 or more times greater. That's more than

1.2 MILLION estimated cases annually.



Tips to keep your kids healthy

CLEAN



If you're making lunch the night before, be sure to wash your hands and use clean cutting boards, utensils and countertops. Making lunch on the same surfaces you used to prepare raw meat or poultry for dinner may result in cross-contamination and lead to salmonella-related illness.



SEPARATE



Use one cutting board for fresh produce and a separate one for meat and poultry.



COOK



Cook foods to the right temperature using a food thermometer.



CHILL



If the lunch contains perishable food items like luncheon meats, eggs, and yogurt, make sure to pack it with at least two cold sources (e.g., freezer packs and frozen water bottles).



Pack a Safe Lunch

Send your kids back to school with safe and satisfying lunches by following these simple tips:

Tip 1



Frozen juice boxes can also be used as freezer packs. By lunchtime, the juice should be thawed and ready to drink!

Tip 2



Perishable food can be unsafe to eat by lunchtime if packed in a paper bag. Use an insulated box or bag instead.

Tip 3



Children should wash their hands for 20 seconds with warm soapy water before eating. Have them sing the ABCs twice while washing if they sometimes finish early.

Tip 4



If possible, your child's lunch should be stored in a refrigerator. But leave the lid of the lunchbox or an insulated, soft-sided bag open in the fridge so that cold air can circulate and keep the food cold.

Tip 5



If you're packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell your child to keep the insulated container closed until lunchtime to keep the food hot — 140°F or above.

Tip 6



After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food.

National Preparedness Month

Preparedness Starts At Home

September marks **National Preparedness Month**, the annual campaign to remind everyone that preparing for emergencies and disasters can keep them, their families and their communities safe. This year marks the 21st observance and the theme revolves around getting back to the essentials of preparedness: **Preparedness Starts at Home.**

You can take four key actions to prepare for any disaster:



Know the different types of emergencies that could happen and appropriate responses to stay safe.



Make a family emergency plan. Review the plan with all members of the household and familiarize family or friends out of the area.



Build an emergency supply kit with enough contents for at least 72 hours. Remember to include copies of important documents, medication, and supplies for any pets!



Get involved in your community by taking action to prepare for emergencies. Naugatuck Valley Health District has a volunteer unit called the Medical Reserve Corps, which is part of a national network of local volunteers aged 18 and older with **both non-medical and medical backgrounds** (sign up at www.CTResponds.CT.gov). The Valley is also home to several CERT programs and the American Red Cross which also provide emergency response volunteer training and activation as necessary.



American Red Cross

When emergencies strike, do you have a way to stay connected with your family and get information from your local officials? Follow NVHD and NVMRC on social media! It is also important to sign up for your town's emergency notification system so that you can also receive important and timely communications! Visit your municipal website and follow the instructions.

Sign up for...



Ansonia: <https://www.cityofansonias.com>

Beacon Falls: <https://www.beaconfalls-ct.org/emergency-management>

Derby: <https://www.derbyct.gov/news/post/19785>

Naugatuck: <https://www.naugatuck-ct.gov/EMS/code-red>

Seymour: <https://www.seymourct.org/departments/EmergencyServices>

Shelton: <https://cityofshelton.org/p/office-of-emergency-management>



September marks **National Recovery Month**, the annual campaign to remind everyone that with the right treatment, support, and resources, **recovery is REAL (Restoring Every Aspect of Life)** for everyone. Follow along NVHD's social media this month as we highlight the four major dimensions of recovery: health, home, community, and purpose. As stated by the Substance Abuse and Mental Health Services Administration (SAMHSA), these are the building blocks that all people need to live healthy, happy, independent lives and to reach their full potential.

NATIONAL RECOVERY MONTH

20 MILLION IN RECOVERY

Millions of people are
in recovery from addiction.
Every day is an opportunity to try.
Believe in yourself.



Learn more.
Visit [LiveLOUD.org](https://liveloud.org)
or call 1-800-563-4086.



TREATMENT OPTIONS

If you or someone you love is considering treatment, there are many paths to recovery including medication, inpatient treatment, 12 step programs, counseling, and more.

Visit the LiveLoud webpage for treatment options:
<https://liveloud.org/get-support/treatment-options/>

or

Call the 24/7 Access Line at
1-800-563-4086



BACK-TO-SCHOOL TIME!

HELP PROMOTE
MENTAL HEALTH AND
PREVENT SUBSTANCE MISUSE
IN SCHOOLS

[SAMHSA.GOV/SCHOOL-HEALTH](https://www.samhsa.gov/school-health)

SAMHSA

988 SUICIDE & CRISIS LIFELINE

988 OR [988LIFELINE.ORG](https://988lifeline.org)

VETERANS CRISIS LINE
DIAL 988 (PRESS 1)

SAMHSA'S NATIONAL HELPLINE
1-800-662-HELP (4357)

DISASTER DISTRESS HELPLINE
1-800-985-5990

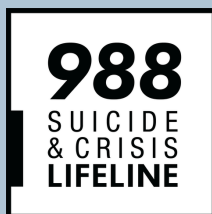
[FINDTREATMENT.GOV](https://findtreatment.gov)

[FINDSUPPORT.GOV](https://findsupport.gov)

SAMHSA

The Naugatuck Valley Health District understands that mental health is an important part of the health of an individual as a whole.

If in crisis, please
text or call



September Is National Suicide Prevention Month

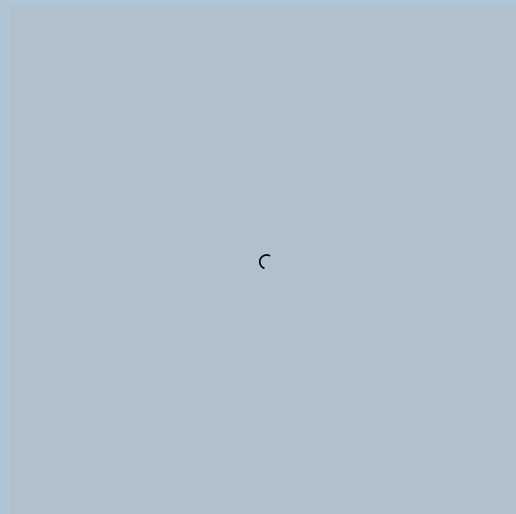
This September, NVHD recognizes National Suicide Prevention Month. Our staff will offer suicide prevention outreach and programming throughout September to help bring awareness and education around suicide.

On Thursday, September 11th, we will offer a free QPR, (Question Persuade Refer) virtual suicide prevention program at 6:00pm, via Zoom.

On Friday September 12th, we will offer a full day, in-person Mental Health First Aid training at our office in Seymour.

To register for either program, please see the attached flyers.

For more information about suicide prevention and recognizing the signs of suicide, please visit SAMSHA.gov by clicking the logo below.



Click for information on recognizing the signs of suicide and visit our social media pages for helpful information.



NAUGATUCK VALLEY HEALTH DISTRICT PRESENTS:

Adult Mental Health First Aid Training



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

In Person Program

**Friday, September 12, 2025: 8:00am to 2:00pm Naugatuck
Valley Health District, 98 Bank St., Seymour, CT**

****Lunch Provided****

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**isten 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 in-person led session. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

MHFA satisfies CT OEMS Approval #CT-F4-V101 for 8 EMS continuing education hours

Click Here To Register

or enter this link in your browser

<https://www.surveymonkey.com/r/X8ZH82N>

Questions?

Lisa Trupp, CCHW

Health Educator

ltrupp@nvhd.org

203-881-3255, ext. 108





Public Health
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**Naugatuck Valley
Health District**

Naugatuck Valley Health District



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

Become a certified QPR
Gatekeeper

QPR is a nationally
recognized, evidence-
based suicide
prevention program
QPR is like CPR for
mental health
emergencies,
providing hope and
assistance until help
is available.

VirtualCommunity Training Session,
Thursday September 11th , 2025, 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.

**Those who complete the training will receive a one-year
QPR Gatekeeper certification*

[Click Here To Register](#)

Or Enter This Link Into Your Browser

bit.ly/45rdYTH

Healthy Aging Month

The CDC defines healthy aging as the process of maintaining good physical, mental, and social health and well-being as we grow older.

Healthy aging starts early on in life. It means adopting healthy habits and making positive lifestyle choices that contribute to overall well-being as we age.

Starting early is important to avoid many health complications that may arise in later life.

But it is never too late to adopt healthy habits for positive change.

CDC offers information and programs to promote healthy aging and longer lives.

HEALTHY LiFE



Some tips from the CDC on Health Aging

- **Nutrition.** Maintain a healthy, balanced diet.
- **Physical activity.** Keep your body active by doing regular exercise.
- **Mental functioning:** Keep your mind stimulated and get enough sleep.
- **Social well-being:** Stay socially connected and engaged with others.
- **Emotional well-being:** Take care of your emotional well-being, including managing stress, having a positive outlook, and seeking support when needed.
- **Injury prevention:** Try to avoid falls and other injuries by taking precautions and practicing safe driving.
- **Health care routine:** Keep up with regular health checkups, vaccines, and screenings; and manage any chronic conditions.

For information about the healthy aging programs offered by Naugatuck Valley Health District, contact NVHD Health Educator Lisa Trupp
203-881-3255, ext 108 or email
[ltrupp@nvhd.org](mailto:ltrup@nvhd.org)

To access the CDC's Healthy Aging Page, Click the logo below or enter
<http://bit.ly/3H7xhRL>
into your browser



Falls Prevention Week

September 22 - 26, 2025

In recognition of Falls Prevention week, Naugatuck Valley Health District offers the following tips from the National Council on Aging:

ncoa
national council on aging

Keep your home safe



Review your home for fall safety hazards and make appropriate changes.

Review your medications



Talk with your doctor or pharmacist to better understand the impact your medications may have on your balance.

Find a good exercise program



Daily exercise will help you to improve your balance by keeping your body strong and flexible.

Get vision and hearing checked



Keep up to date on vision and hearing screenings, as both can have an impact on your balance.

Talk to your doctor



Speak with your doctor about falls and fall related concerns.

For more information, or to learn about upcoming falls prevention programs in the community, contact Lisa Trupp, Health Educator
203-881-3255, ext. 108

Naugatuck Valley Health District

2025 Public Flu Clinics



Public Health
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NAUGATUCK VALLEY HEALTH DISTRICT

PUBLIC FLU CLINIC SCHEDULE



**NO COPAY WITH
ACCEPTED
INSURANCE!**

Eligible residents should bring the proper insurance cards. NVHD accepts the following insurances:

- Aetna
- Anthem Blue Cross/
Blue Shield
- Cigna
- ConnectiCare
- Medicare Part B
- Medicaid
- United Healthcare

**NO INSURANCE?
NO PROBLEM!**

Trivalent Vaccine - \$40
High Dose Vaccine* - \$80

*Recommended for those 65 years and older

Acceptable forms of payment
are cash, check or credit card.

**Valley residents are encouraged to attend any of the
following public seasonal influenza vaccination clinics:**

Friday	October 3 rd	9AM-11AM	Naugatuck Senior Center
Thursday	October 9 th	10AM-12PM	Shelton Senior Center
Tuesday	October 14 th	10AM-1PM	Seymour Community Center
Friday	October 17 th	9:30-11:30AM	Ansonia Senior Center
Wednesday	October 22 nd	9AM-11AM	Beacon Falls Senior Center
Tuesday	October 28 th	12:30-2:30PM	Derby Senior Center

Save time and print a flu form! <http://www.nvhd.org/community-health/immunizations/>

****Valley Pharmacy will be at all clinics providing COVID boosters, RSV, Shingles, and Pneumonia vaccines. These additional vaccines are not provided by NVHD and will require additional forms and billed separately through Valley Pharmacy.**

ANSONIA - BEACON FALLS - DERBY - NAUGATUCK - SEYMOUR - SHELTON

For more information contact

Kristie D' Averso

203-881-3255, ext 107

kdaverso@nvhd.org

Protecting your Health with **TIGER STRENGTH**



Tuck the Tiger's Vaccine Reminders:

- Some vaccines are recommended because they offer the best protection against illnesses like measles and whooping cough.
- Certain vaccines are required by the state for kids to attend school and day-care - check out the chart on our website.
- Children, 18 and younger, may qualify for free or low-cost vaccines at our Public Health Clinic.

Call (203) 881-3255 ext. 107 to make an appointment!



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Health District**

www.nvhd.org • 98 Bank Street, Seymour, CT 06483

Want to Learn More About Childhood Vaccines?
Check out the chart on the back of this flyer!

Protecting Your Health with



**TIGER
STRENGTH**



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

Name of Vaccine	Number of Doses	Age Given	Why it's Important	What it Prevents	Required for Preschool/ Daycare	Required for K-12 Public Schools
DTaP (Diphtheria, Tetanus, Pertussis)	Preschool through kindergarten: 4 doses	Last dose must be given on or after 4th birthday	Protects against: Diphtheria, Tetanus (Lockjaw), and Pertussis (Whooping Cough).	Diphtheria can lead to difficulty breathing, heart failure, or death; Tetanus-related muscle stiffness and spasms, and Pertussis severe coughing fits.	✓	✓
	Grades 1-6: at least 4 doses	The last dose must be given on or after 4th birthday.	Protects against: Diphtheria, Tetanus (Lockjaw), and Pertussis (Whooping Cough).	Diphtheria can lead to difficulty breathing, heart failure, or death; Tetanus-related muscle stiffness and spasms, and Pertussis severe coughing fits.		✓
Hepatitis A	Preschool through 11th grade: 2 doses given six calendar months apart	First dose on or after 1st birthday	Prevents Hepatitis A virus infection, which affects the liver and can cause jaundice and abdominal pain.	Hepatitis A virus infection and related liver complications.	✓	✓
Hepatitis B	Preschool through 12th grade: 3 doses	Last dose on or after 2nd birthday	Prevents Hepatitis B virus infection, which can cause liver disease, including hepatitis, cirrhosis, and liver cancer.	Lifelong infection, cirrhosis (scarring) of the liver, liver cancer, liver failure, and death.	✓	✓
Hib (Haemophilus influenza type b)	Preschool: 1 dose	On or after 1st birthday	Protects against Haemophilus influenzae type b bacteria, which can cause severe infections like meningitis and pneumonia.	Meningitis, pneumonia, and other severe infections in children.	✓	
	Kindergarten: 1 dose	On or after 1st birthday for children under 5 years old	Protects against Haemophilus influenzae type b bacteria, which can cause severe infections like meningitis and pneumonia.	Meningitis, pneumonia, and other severe infections in children.		✓
HPV (Human Papilloma-virus)	Two doses; second dose given 6-12 months after first	If initiated between 9 and 14 years old	Protects against HPV infections, which can cause genital warts and various cancers.	Cervical cancer, other HPV-related cancers, and genital warts.	✗	✗
	Three doses; second dose given 1-2 months after first dose and third dose given 6 months after second dose	If initiated between 15 and 45 years old	Protects against HPV infections, which can cause genital warts and various cancers.	Cervical cancer, other HPV-related cancers, and genital warts.	✗	✗
Influenza (Flu)	Preschool: 1 dose annually between August 1 and December 31 (2 doses separated by at least 28 days required for those receiving vaccine for the first time)	Six months or older	Prevents seasonal influenza virus infections, which cause respiratory illness and can lead to severe complications.	Influenza, its symptoms, and complications like pneumonia.	✓	✓
Meningococcal	Grades 7-12: 1 dose		Prevents infections caused by Neisseria meningitidis bacteria, which can lead to meningitis and bloodstream infections.	Meningitis, bloodstream infections, and related complications.		✓
MMR (Measles, Mumps, Rubella)	Preschool: 1 dose	On or after 1st birthday	Prevents: Measles, Mumps, and Rubella (German Measles).	Measles, Mumps swelling of salivary glands, and Rubella birth defects and miscarriages.	✓	
	Kindergarten through 12th grade: 2 doses separated by at least 28 days	One dose on or after 1st birthday	Prevents: Measles, Mumps, and Rubella (German Measles).	Measles, Mumps swelling of salivary glands, and Rubella birth defects and miscarriages.		✓
Pneumococcal	Preschool: 1 dose	On or after 1st birthday	Prevents infections caused by Streptococcus pneumoniae bacteria, including pneumonia and meningitis.	Pneumonia, meningitis, and bloodstream infections.	✓	
	Kindergarten: 1 dose	On or after 1st birthday for children under 5 years old	Prevents infections caused by Streptococcus pneumoniae bacteria, including pneumonia and meningitis.	Pneumonia, meningitis, and bloodstream infections.		✓
Polio	Preschool through 12th grade: 3 doses	Last dose must be given on or after 4th birthday	Prevents polio	Spinal cord infection and paralysis	✓	✓
TD (Tetanus, Diphtheria)	Grades 7-12: 1 dose for students who completed their primary DTaP series	Students who start the series at age 7 or older only need 3 doses of tetanus-diphtheria containing vaccine, one of which must be Tdap	Protects against two bacterial infections: Tetanus and Diphtheria.	Tetanus-related muscle stiffness and spasms, and Diphtheria throat infections.		✓
Varicella (Chickenpox)	Preschool: 1 dose	On or after 1st birthday or verification of disease	Protects against the varicella-zoster virus, preventing chickenpox.	Chickenpox, its symptoms, and related complications like bacterial infections.	✓	
	Kindergarten through 12th grade: 2 doses separated by at least 3 months 28 days between doses is acceptable if the doses have already been administered	First dose on or after 1st birthday or verification of disease	Protects against the varicella-zoster virus, preventing chickenpox.	Chickenpox, its symptoms, and related complications like bacterial infections.		✓

Sources: CT Dept. of Public Health and CDC

CATCH OUR BACK-TO-SCHOOL IMMUNIZATION COMMERCIAL ON:



★ NBC CT ★ PEACOCK ★ TELEMUNDO





SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH



Did you know?

Prostate cancer is the most common type of cancer in men (other than skin cancer) and the second leading cause of cancer death (after lung cancer) in the US.

Screening and Early Detection

The American Cancer Society recommends that men talk to their health care provider about whether to be screened.

Overall health status, and not age alone, is important when making decisions about screening.

Signs and Symptoms

Early -stage prostate cancer usually has no symptoms.

More advanced prostate cancer may cause symptoms, such as:

- Problems urination, trouble getting an erection, weakness or numbness in the legs or feet, unable to control the bladder or bowel, pain the hips, spine or ribs, blood in the urine or semen.

Visit the American Cancer Society website at cancer.org/prostatecancer or call 1-800-227-2345 to learn more.



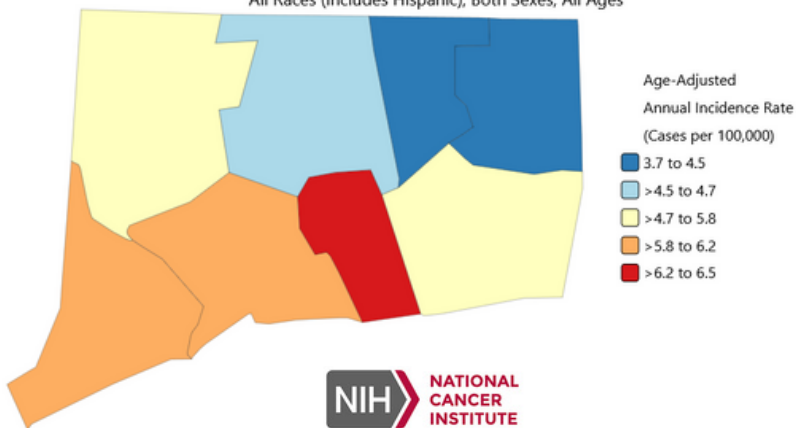
THYROID CANCER AWARENESS MONTH SEPTEMBER

Thyroid Cancer Awareness Month is a worldwide observance, initiated and sponsored by ThyCa: Thyroid Cancer Survivors' Association. It began in 2000, as a week in September. In 2003, it expanded to the whole month of September.

This campaign promotes thyroid cancer awareness for early detection, as well as care based on expert standards, and increased research to achieve cures for all thyroid cancer.

Thyroid cancer is the most common type of endocrine cancer. The thyroid, a gland at the base of the throat, creates hormones your body's cells need to function properly. Learn more about your thyroid in the infographic to the right. -->

Incidence Rates for Connecticut by County
Thyroid (Late Stage[^]), 2017-2021
All Races (includes Hispanic), Both Sexes, All Ages



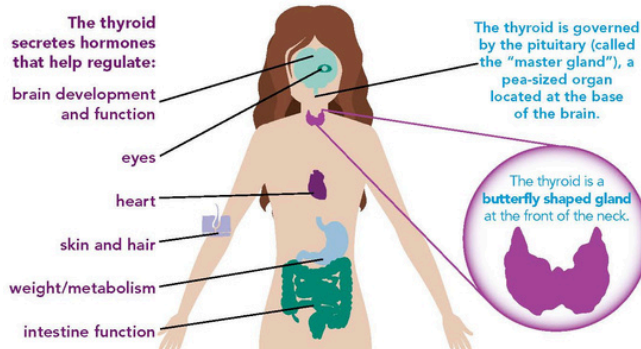
YOUR THYROID WHAT YOU NEED TO KNOW



The thyroid makes hormones that travel through your bloodstream and regulate how your body breaks down food and uses it for energy. It is part of the endocrine system, which includes the pituitary gland, hypothalamus, thymus, pineal gland, testes, ovaries, adrenal glands, parathyroid and pancreas.

Visit hormone.org for more information.

ABOUT YOUR THYROID



HOW IT WORKS



THYROID DISORDERS:

occur when thyroid releases too many (overactive) or too few (underactive) hormones. These disorders frequently run in families, and are more common in women.

↑	HYPERTHYROIDISM = OVERACTIVE	• Increased bowel movements	• Irritability	• Irregular menstruation (light)
		• Increased sweating	• Fatigue	• Anxiety/nervousness
↓	HYPOTHYROIDISM = UNDERACTIVE	• Weight loss	• Vision problems	
		• Constipation	• Weight gain	• Irregular menstruation (heavy)
		• Intolerance to cold	• Dry skin, dry hair	• Fatigue

IF YOU HAVE A THYROID DISORDER:

- ✓ Take your prescribed medication as directed
- ✓ Have your healthcare provider check for nodules
- ✓ Eat a balanced diet
- ✓ Be aware of drug interactions
- ✓ Get enough sleep and exercise



NODULES

- Lump or swelling in thyroid gland
- No effect on thyroid function, usually no effect on thyroid hormone
- More than 90% are not harmful or dangerous, but some can be cancerous
- Nodules can be detected by a "neck check" by your healthcare provider

THYROID CANCER

- Most common endocrine cancer
- Occurs in all ages, children through seniors
- No symptoms in early stage
- About two out of every three people diagnosed are between ages 20 and 55

Estimated new cases of thyroid cancer in 2014:



Patients have questions. We have answers.

The Hormone Health Network is your trusted source for endocrine patient education. Our free, online resources are available at hormone.org. Additional editing by Alan Farwell, MD, Boston Medical Center

